



# Mediterranean Roasted Eggplant Trottole

with Cherry Tomatoes & Crumbly Cheese

Grab your Meal Kit with this symbol



Garlic



Eggplant



Courgette



Red Onion



Garlic & Herb Seasoning



Trottole



Tomato Paste



Tinned Cherry Tomatoes



Baby Spinach Leaves



Vegetable Stock Powder



Greek Salad Cheese/  
Feta Cheese



Thyme



Mild  
Chorizo

Hands-on: **15-25 mins**  
Ready in: **30-40 mins**

Add layers of flavour to trottole with an array of rainbow veggies roasted in Mediterranean-inspired seasonings. Paired with a rich cherry tomato sauce and aromatic thyme, your finished dish will be transformed into a taste sensation.



**CUSTOM RECIPE** If you chose to swap, upgrade or add protein, follow the custom recipe steps.

### Pantry items

Olive Oil, Brown Sugar, Butter

## Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

## You will need

Medium saucepan · Oven tray lined with baking paper · Large frying pan

## Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	2 cloves	4 cloves
eggplant	1	2
courgette	1	2
red onion	1 (medium)	1 (large)
garlic & herb seasoning	1 sachet	1 sachet
trottole	1 medium packet	1 large packet
tomato paste	½ packet	1 packet
tinned cherry tomatoes	1 tin	2 tins
baby spinach leaves	1 bag (30g)	1 bag (60g)
vegetable stock powder	1 medium sachet	1 large sachet
brown sugar*	1 tsp	2 tsp
butter*	30g	60g
Greek salad cheese/ feta cheese	1 packet (100g)	2 packets (200g)
thyme	1 bag	1 bag
mild chorizo**	1 packet	2 packets

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3150kJ (753Cal)	478kJ (114Cal)
Protein (g)	26.1g	4g
Fat, total (g)	26.9g	4.1g
- saturated (g)	16.5g	2.5g
Carbohydrate (g)	95.2g	14.5g
- sugars (g)	19.3g	2.9g
Sodium (mg)	1582mg	240mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4430kJ (1059Cal)	584kJ (140Cal)
Protein (g)	44.2g	5.8g
Fat, total (g)	52.2g	6.9g
- saturated (g)	26.2g	3.5g
Carbohydrate (g)	97.2g	12.8g
- sugars (g)	19.3g	2.5g
Sodium (mg)	2472mg	326mg

The quantities provided above are averages only.

## Allergens

Always read product labels for the most up-to-date allergen information.

Visit [hellofresh.co.nz/foodinfo](https://hellofresh.co.nz/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

If you have any questions or concerns, please visit

[hellofresh.co.nz/contact](https://hellofresh.co.nz/contact)

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## Get prepped

- Preheat oven to **220°C/200°C fan-forced**. Bring a medium saucepan of salted water to the boil. Finely chop **garlic**. Cut **eggplant** and **courgette** into small chunks. Slice **red onion** into wedges.
- Place **eggplant**, **courgette**, **onion** and **garlic & herb seasoning** on a lined oven tray. Drizzle with **olive oil** and season with **salt** and **pepper**. Toss to coat, spread out evenly, then roast until tender, **20-25 minutes**.

### CUSTOM RECIPE

If you've added mild chorizo to your meal, roughly chop chorizo.



## Cook the sauce

- When the veggies have **5 minutes** cook time remaining, heat a large frying pan over a medium-high heat with a drizzle of **olive oil**.
- Cook **garlic** and **tomato paste** (see ingredients) until fragrant, **1 minute**. Add **tinned cherry tomatoes**, **baby spinach leaves**, **vegetable stock powder**, **brown sugar** and **reserved pasta water** and cook until slightly reduced, **2-3 minutes**. Season to taste.
- Add cooked **trottole**, **roasted veggies** and the **butter**, then crumble in **1/2 the cheese**. Stir to combine.

### CUSTOM RECIPE

Heat the frying pan as above. Cook the chorizo, tossing, until browned, 4-5 minutes. Continue with step.



## Cook the trottole

- Meanwhile, cook **trottole** in the boiling water until 'al dente', **10 minutes**.
- Reserve some **pasta water** (1/4 cup for 2 people / 1/2 cup for 4 people), then drain **trottole** and return to saucepan. Drizzle with a little **olive oil** to prevent sticking.

**TIP:** 'Al dente' pasta is cooked through but still slightly firm in the centre.



## Serve up

- Pick **thyme** leaves.
- Divide Mediterranean roasted eggplant trottole between bowls.
- Crumble over remaining cheese. Garnish with thyme to serve.

## Enjoy!