



# Mediterranean Creamy Tomato Fusilli

with Roasted Eggplant & Feta

Grab your Meal Kit with this symbol



Garlic



Courgette



Eggplant



Onion



Fusilli



Tomato Paste



Aussie Spice Blend



Cream



Vegetable Stock Powder



Baby Spinach Leaves



Cow's Milk Feta



Diced Bacon

Prep in: **15-25 mins**  
Ready in: **30-40 mins**

Add layers of flavour to fusilli with an array of rainbow veggies roasted in Mediterranean-inspired seasonings. Paired with a rich cherry tomato sauce and creamy feta, 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

## 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
<b>olive oil*</b>	refer to method	refer to method
garlic	2 cloves	4 cloves
courgette	1	2
eggplant	1	2
onion	1 (medium)	1 (large)
fusilli	1 packet	1 packet
tomato paste	1 packet	2 packets
Aussie spice blend	1 sachet	1 sachet
cream	½ bottle (125ml)	1 bottle (250ml)
vegetable stock powder	1 medium sachet	1 large sachet
baby spinach leaves	1 small bag	1 medium bag
cow's milk feta	½ packet (95g)	1 packet (190g)
diced bacon**	1 packet	1 packet

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3601kJ (861Cal)	645kJ (154Cal)
Protein (g)	29.8g	5.3g
Fat, total (g)	43.7g	7.8g
- saturated (g)	27.7g	5g
Carbohydrate (g)	82.3g	14.7g
- sugars (g)	16.2g	2.9g
Sodium (mg)	2198mg	394mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4186kJ (1000Cal)	688kJ (164Cal)
Protein (g)	37.8g	6.2g
Fat, total (g)	55.9g	9.2g
- saturated (g)	32.1g	5.3g
Carbohydrate (g)	82.3g	13.5g
- sugars (g)	16.2g	2.7g
Sodium (mg)	2597mg	427mg

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.

## We're here to help!

Scan here if you have any questions or concerns

2023 | CW02



## Roast the veggies

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



## Cook the sauce

- When veggies have **5 minutes** cook time remaining, heat a large frying pan over medium high heat with a drizzle of **olive oil**.
- Cook **garlic**, **tomato paste** and **Aussie spice blend** until fragrant, **1 minute**.
- Add **cream** (see ingredients), **vegetable stock powder** and reserved **pasta water** and simmer, stirring, until slightly reduced, **2-3 minutes**.
- Remove pan from heat, add cooked **fusilli**, **baby spinach leaves** and **roasted veggies** and toss to combine. Season to taste

**TIP:** Combine the pasta in the saucepan if your frying pan isn't big enough.

**Custom Recipe:** If you've added diced bacon to your meal, before adding garlic and tomato paste, heat frying pan over medium-high heat with a drizzle of olive oil. Cook diced bacon, breaking up with a spoon, until golden, 5-6 minutes. Continue as above.



## Cook the pasta

- Meanwhile, cook **fusilli** in the boiling water until 'al dente', **12 minutes**.
- Reserve some **pasta water** (1/2 cup for 2 people / 1 cup for 4 people), then drain **pasta** 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

- Divide Mediterranean creamy tomato fusilli between bowls.
- Crumble over **feta** (see ingredients) to serve. Enjoy!

## Rate your recipe

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