

Nan's Roasted Eggplant Spaghetti

with Garlic Pangrattato & Cucumber Salad

Grab your Meal Kit with this symbol



Eggplant



Spaghetti



Garlic



Brown Onion



Tomato



Cucumber



Panko Breadcrumbs



Tomato Paste



Nan's Special Seasoning



Garlic & Herb Seasoning



Plant-Based Cream



Salad Leaves



Plant-Based Grated Parmesan

Keep an eye out...
Due to sourcing challenges over the Christmas period, some of the fresh ingredients you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!

- Hands-on: 20-30 mins
- Ready in: 30-40 mins
- Plant Based

This saucy creation uses a plant-based creamy tomato sauce to coat spaghetti, with chunks of tender roasted eggplant and flavoursome 'Parmesan'. Add a sharp salad, and you've got a new recipe that's sure to please everyone.

Pantry items

Olive Oil, Brown Sugar, Balsamic Vinegar

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

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

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
eggplant	1	2
spaghetti	1 packet	1 packet
garlic	3 cloves	6 cloves
brown onion	1 (medium)	1 (large)
tomato	1	2
cucumber	1 (medium)	1 (large)
panko breadcrumbs	½ packet	1 packet
tomato paste	1 packet	2 packets
Nan's special seasoning	1 sachet	1 sachet
garlic & herb seasoning	1 sachet	1 sachet
plant-based cream	½ medium bottle	1 medium bottle
brown sugar*	1 tsp	2 tsp
salad leaves	1 bag (30g)	1 bag (60g)
balsamic vinegar*	drizzle	drizzle
plant-based grated Parmesan	1 medium packet	2 medium packets

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2796kJ (668Cal)	570kJ (136Cal)
Protein (g)	20.7g	4.2g
Fat, total (g)	18.2g	3.7g
- saturated (g)	3.3g	0.7g
Carbohydrate (g)	98.5g	20.1g
- sugars (g)	16.9g	3.4g
Sodium (mg)	1643mg	335mg

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 for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



Roast the eggplant

Preheat the oven to **220°C/200°C fan-forced**. Cut the **eggplant** into small chunks, then place on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat. Spread out evenly, then roast until tender, **20-25 minutes**.



Make the sauce

Return the frying pan to a medium-high heat with a drizzle of **olive oil**. Cook the **onion** and **tomato** until tender, **3-4 minutes**. Add the **tomato paste**, **Nan's special seasoning**, **garlic & herb seasoning** and remaining **garlic** and cook until fragrant, **1-2 minutes**. Reduce the heat to medium, then add the **plant-based cream** (see ingredients), **reserved pasta water** and **brown sugar** and cook, stirring, until warmed through, **1 minute**. Remove the pan from heat, then add the **spaghetti** and **roasted eggplant** and toss to coat. Season to taste.

TIP: Add a splash more water to the sauce if it's looking dry!



Get prepped

While the eggplant is roasting, bring a large saucepan of salted water to the boil. Cook the **spaghetti** 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 and return the **spaghetti** to the pan. Meanwhile, finely chop the **garlic** and **brown onion**. Roughly chop the **tomato** and **cucumber**.

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



Toss the salad

While the sauce is cooking, combine the **cucumber**, **salad leaves** and a drizzle of **balsamic vinegar** and **olive oil** in a medium bowl. Season to taste.



Make the pangrattato

In a large frying pan, heat a generous drizzle of **olive oil** over a medium-high heat. Cook the **panko breadcrumbs** (see ingredients), stirring, until golden brown, **3 minutes**. Add 1/2 the **garlic** and cook until fragrant, **1-2 minutes**. Transfer to a bowl and season with **salt** and **pepper**.



Serve up

Divide the roasted eggplant spaghetti between bowls. Top with the **plant-based grated Parmesan** and garlic pangrattato. Serve with the cucumber salad.

Enjoy!