



# ROASTED EGGPLANT LINGUINE

with Sun-Dried Tomatoes and Bocconcini

VEGGIE



## HELLO

### SUN-DRIED TOMATOES

The secret to adding sweet and concentrated tomato flavour to your dish

PREP: 10 MIN | TOTAL: 30 MIN | CALORIES: 653



Baby Eggplant



Garlic



Parsley



Sun-Dried Tomatoes



Bocconcini Cheese



Onion, chopped



Chili Flakes



Diced Tomatoes



Linguine



## BUST OUT

- Baking Sheet
- Strainer
- Medium Pot
- Sugar (¼ tsp | ½ tsp)
- Medium Pan
- Salt and Pepper
- Measuring Spoons
- Olive or Canola oil

## INGREDIENTS

2-person | 4-person

- Baby Eggplant 400 g | 800 g
- Garlic 1 pkg (10 g) | 2 pkg (20 g)
- Parsley 1 pkg (10 g) | 1 pkg (10 g)
- Sun-Dried Tomatoes 1 pkg (28 g) | 2 pkg (56 g)
- Bocconcini Cheese 2 1 pkg (100 g) | 2 pkg (200 g)
- Onion, chopped 1 pkg (113 g) | 2 pkg (227 g)
- Chili Flakes 🌶️ 1 pkg (½ tsp) | 2 pkg (1 tsp)
- Diced Tomatoes 1 pkg (1 can) | 2 pkg (2 can)
- Linguine 1 1 pkg (170 g) | 2 pkg (340 g)

## ALLERGENS | ALLERGÈNES

Some ingredients are produced in a facility that also processes mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Certains ingrédients sont produits dans des installations qui traitent également la moutarde, les arachides, le sésame, le soya, les sulfites, les noix et le blé.

- 0 Seafood/Fruit de Mer
- 1 Wheat/Blé
- 2 Milk/Lait
- 3 Egg/Oeuf
- 4 Soy/Soja
- 5 Tree Nut/Noix
- 6 Mustard/Moutarde
- 7 Peanut/Cacahuète
- 8 Sesame/Sésame
- 9 Sulphites/Sulfites

\*Laver et sécher tous les aliments.

## START STRONG

Preheat the oven to 425°F (to roast the eggplant). Start prepping when the oven comes up to temperature!



**1 ROAST EGGPLANT**  
Wash and dry all produce.\* Cut the stems off the **eggplants**, then chop into ½-inch cubes. On a foil-lined baking sheet, toss the eggplant with a drizzle of **oil**. Season with **salt** and **pepper**. Roast in the centre of the oven until the eggplant is soft and slightly crispy on the edges, 20-23 min.



**4 MAKE SAUCE**  
Heat a medium pan over medium-high heat. Add a drizzle of **oil**, then the **onion**, **garlic**, **sun-dried tomatoes** and as much **chili flakes** as you like. Cook, stirring often, until the onion softens, 3-4 min.



**2 PREP**  
Meanwhile, bring a medium pot of **salted water** to a boil. Mince or grate the **garlic**. Finely chop the **parsley**. Finely chop the **sun-dried tomatoes**. Cut or tear the **bocconcini** into smaller pieces.



**5 COOK SAUCE**  
Add the **diced tomatoes** and ¼ **tsp sugar** (double for 4 people) to the pan. Season with **salt** and **pepper**. Reduce the heat to medium-low. Simmer the **sauce** until slightly thickened, 2-3 min.



**3 COOK PASTA**  
Add the **linguine** to the boiling water. Cook until the pasta is tender, 10-12 min. (Drain when the pasta is done cooking.)



**6 FINISH AND SERVE**  
Stir the **roasted eggplant** and **linguine** into the sauce. Divide between bowls and sprinkle with the **parsley** and **bocconcini**.

## MAMMA MIA!

Try this simple pasta dish with another roasted veggie, like cauliflower!