



FEB  
2017

## Roasted Eggplant Linguine

with Sun-Dried Tomatoes

Some days you want to be adventurous and others you just want a little more time to put your feet up. Sun-dried tomatoes are a great secret to adding sweet and concentrated tomato flavours to your dish.

 *Prep*  
30 min

 *level 1*

 *veggie*



*Fresh Linguine*



*Baby Eggplant*



*Sun-Dried Tomatoes*



*Onion*



*Diced Tomatoes*



*Parsley*



*Garlic*




*Chili Flakes*



*Bocconcini*

## Ingredients

		2 People	4 People
Fresh Linguine	1) 2)	1 pkg (227 g)	2 pkg (454 g)
Baby Eggplant		2	4
Sun-Dried Tomatoes		1 pkg (28 g)	2 pkg (56 g)
Onion, chopped		1 pkg (113 g)	2 pkg (227 g)
Diced Tomatoes		1 can	2 cans
Parsley		1 pkg (14 g)	1 pkg (14 g)
Garlic		1 pkg (10 g)	2 pkg (20 g)
Chili Flakes 		1 pkg (1 tsp)	1 pkg (1 tsp)
Bocconcini	3)	1 pkg (100 g)	2 pkg (200 g)
Sugar*		¼ tsp	½ tsp
Olive or Canola Oil*			

\*Not Included

## Allergens

1) Wheat/Blé

2) Egg/Oeuf

3) Milk/Lait

## Tools

Medium Pot, Medium Pan, Strainer, Baking Sheet, Measuring Spoons

Ruler

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**Nutrition per person** Calories: 653 cal | Fat: 20 g | Protein: 30 g | Carbs: 100 g | Fibre: 11 g | Sodium: 479 mg

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



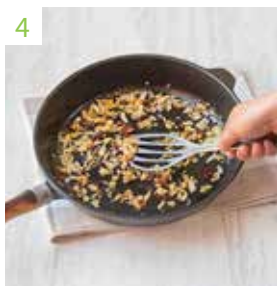
**1 Preheat the oven to 425°F (to roast the eggplant.) Start prepping when the oven comes up to temperature!**

**2 Bake the eggplant:** Cut the stem off the **eggplant**, 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.



**3 Prep:** Meanwhile, **wash and dry all produce**. Mince or grate the **garlic**. Finely chop the **parsley**. Finely chop the **sun-dried tomatoes** (double for 4 people.) Bring a medium pot of **salted water** to a boil. Tear the **bocconcini** into smaller pieces.

**4 Make the 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 (be careful – it's spicy!) Cook, stirring often, until the onion softens, 3-4 min.





**5 Add the diced tomatoes and sugar** to the pan. Season with **salt** and **pepper**. Reduce the heat to medium-low. Simmer the sauce until slightly thickened, 2-3 min.

**6 Cook the pasta:** Meanwhile, add the **linguine** to the boiling water. Cook until the pasta is tender, 2-3 min. Drain.



**7 Finish and serve:** Stir the **roasted eggplant** and **linguine** into the sauce. Divide between bowls and sprinkle with the **parsley** and **bocconcini**. Enjoy!

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