Roasted Eggplant Spaghetti alla Norma

with Parmesan & Parsley

Grab your meal kit with this number **7**

- Eggplant
- Courgette
- Thyme
- Spaghetti
- Garlic
- Onion
- Garlic & Herb Seasoning
- Passata
- Chilli Flakes (Optional)
- Vegetable Stock Powder
- Grated Parmesan Cheese
- Parsley

Beef Mince

Chicken Thigh

Prep in: 20-30 mins
Ready in: 30-40 mins

Calorie Smart

Pasta alla Norma is the Sicilian staple that everyone will love! Roasted eggplant is tossed through a rich tomato sauce with golden strings of spaghetti to hold it all together. We've added a couple of other veggies to ours for added goodness; you won't need to be a vegetarian to love this meat-free meal!

Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

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
courgette	1	2
thyme	1 large packet	1 large packet
spaghetti	1 medium packet	1 large packet
garlic	2 cloves	4 cloves
onion	½	1
garlic & herb seasoning	1 medium sachet	1 large sachet
passata	1 packet	2 packets
chilli flakes (optional)	pinch	pinch
vegetable stock powder	1 medium sachet	1 large sachet
butter*	20g	40g
brown sugar*	1 tsp	2 tsp
grated Parmesan cheese	1 medium packet	1 large packet
parsley	1 packet	1 packet

****Pantry Items***

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2590kJ (620Cal)	508kJ (122Cal)
Protein (g)	21.3g	4.2g
Fat, total (g)	18.8g	3.7g
- saturated (g)	9.1g	1.8g
Carbohydrate (g)	87.1g	17.1g
- sugars (g)	18g	3.5g
Sodium (mg)	1130mg	222mg
Dietary Fibre (g)	11g	2.2g

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.

We're here to help!

Scan here if you have any questions or concerns

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1

Get prepped

- Preheat oven to **220°C/200°C fan-forced**. Boil the kettle.
- Cut **eggplant** and **courgette** into 1cm chunks.
- Finely chop **thyme**.

2

Roast the veggies

- Place **eggplant** and **courgette** 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**.

3

Cook the spaghetti

- Pour boiling water into a large saucepan over high heat with a pinch of **salt**.
- Cook **spaghetti** in the boiling water and cook, until 'al dente', **9 minutes**.
- Reserve **pasta water** (½ cup for 2 people / 1 cup for 4 people). Drain **spaghetti**, then return to saucepan.

4

Cook the sauce

- Meanwhile, finely chop **garlic** and **onion (see ingredients)**.
- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **onion** until tender, **4-5 minutes**.
- Add **garlic**, **garlic & herb seasoning** and **thyme** and cook until fragrant, **1-2 minutes**.

5

Bring it all together

- Reduce heat to medium, then add **passata**, a pinch of **chilli flakes** (if using), **vegetable stock powder**, the **butter**, **brown sugar** and reserved **pasta water**. Simmer, until slightly reduced, **2-3 minutes**.
- Remove pan from heat and stir through the **roasted vegetables** and **cooked spaghetti**. Season to taste with **salt** and **pepper**.

6

Finish & serve

- Divide eggplant pasta alla Norma between bowls and sprinkle with **grated Parmesan cheese**.
- Tear over **parsley** to serve. Enjoy!

CUSTOM OPTIONS

BEEF MINCE:
Before cooking sauce, cook, breaking up with a spoon, until browned, 3-4 minutes. Continue with recipe.

CHICKEN THIGH:
Cut into 2cm chunks. Before cooking sauce, cook with a drizzle of olive oil, until cooked through, 5-6 minutes.

SCAN CODE FOR FULL STEPS AND NUTRITION INFO