



Linguine Melanzane with blistered cherry tomatoes

Veggie Calorie Smart 30-35 mins

14



Aubergine



Dried Linguine



Grated Italian
Style Hard Cheese



Cherry Tomatoes



Creme Fraiche



Passata



Shallot



Italian Herbs

Pantry Items: Salt, Pepper, Water, Oil, Sugar



Rate your recipe!

Before you start

Our fruit, veg and herbs need a wash before you use them!

We recommend reading the recipe in full before beginning to cook.

Cooking tools you will need

Baking sheet with baking paper, colander

Ingredients

	2P	4P
Aubergine	1 unit	2 units
Dried Linguine	180 g	360 g
Grated Italian Style Hard Cheese	50 g	100 g
Cherry Tomatoes	125 g	250 g
Crema Fraiche	110 g	220 g
Passata	1 pack	2 packs
Shallot	1 unit	2 units
Italian Herbs	½ sachet	1 sachet

Nutrition

	Per serving	Per 100g
for uncooked ingredients	471 g	100 g
Energy (kJ/kcal)	2786.5 kJ/ 666 kcal	591.6 kJ/ 141.4 kcal
Fat (g)	23.3 g	4.9 g
Sat. Fat (g)	13.8 g	2.9 g
Carbohydrate (g)	88.8 g	18.9 g
Sugars (g)	16.8 g	3.6 g
Protein (g)	22.8 g	4.8 g
Salt (g)	1.4 g	0.3 g

Nutrition for uncooked ingredients based on 2 person recipe, excludes Pantry Items.

Allergens

For allergen information please refer to the website or individual ingredient labels.

Please check the ingredients you already have at home to ensure that they are safe for your allergen and dietary needs.

Wash your hands before and after handling ingredients. Wash fruit and vegetables, but not meat. Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in between uses.

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Roast the Aubergine

- Preheat your oven to 240°C/220°C fan/gas mark 9.
- Trim the **aubergine** then cut into roughly 2cm pieces.
- Pop the **aubergine** onto a lined baking tray.
- Drizzle with **oil**, season with **salt** and **pepper** then toss to coat.
- Spread out in a single layer. When the oven is hot, roast on the top shelf until the **aubergine** is soft and golden, 20-25 mins. Turn halfway through.



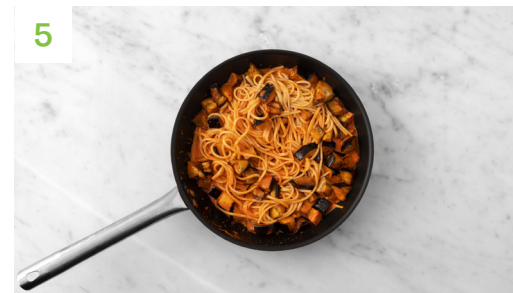
Start the Sauce

- Meanwhile, halve, peel and finely chop the **shallot**.
- Place a pan over medium-high heat with a very light drizzle of **oil**.
- Add the **shallot** and season with **salt** and **pepper**. Fry until softened, stirring occasionally, 4-5 mins.
- Add **half** the **dried Italian herbs** (double for 4p). Cook until fragrant, 1 min.
- Pour in the **passata** and 100ml **water** (double for 4p). Simmer until slightly reduced, 3-5 mins.



Cook the Linguine

- Meanwhile, boil a large pot of **salted water** for the **pasta**.
- When boiling, add the **linguine** to the **water** and bring back to the boil.
- Cook until softened, 12 mins.
- Once cooked, drain in a colander and pop back in the pot, off the heat.
- Drizzle with **oil** and stir through to prevent sticking.



Finishing Touches

- Pour in the **crema fraiche** and ½ tsp **sugar** and allow to warm through, 2-3 mins.
- Season to taste with **salt**, **pepper** and **sugar**.
- Add the roast **tomatoes** and **aubergine** to the sauce along with the **linguine**.
- Toss everything together until warmed through, 1-2 mins.



Blister the Cherry Tomatoes

- When the **aubergine** has been cooking for 12-15 mins, remove from the oven.
- Pop the **tomatoes** onto the same tray.
- Drizzle with **oil** and season with **salt** and **pepper**.
- Pop back into the oven for the remaining cooking time, 8-10 mins.



Garnish and Serve

- Divide the **aubergine linguine** between bowls.
- Garnish with a sprinkling of **cheese**.

Enjoy!