



Linguine Melanzane with blistered cherry tomatoes

Veggie Quick Cook 30-35 mins

8



Aubergine



Dried Linguine



Tomato Paste



Sesame Oil



Lemon



Grated Italian
Style Hard Cheese



Creme Fraiche



Cherry Tomatoes

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

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, lid, pot with lid

Ingredients

	2P	4P
Aubergine	1 unit	2 units
Dried Linguine	180 g	360 g
Tomato Paste	1 tin	2 tins
Sesame Oil	40 ml	80 ml
Lemon	1 unit	2 units
Grated Italian Style Hard Cheese	50 g	100 g
Crema Fraiche	125 g	250 g
Cherry Tomatoes	125 g	250 g

Nutrition

	Per serving	Per 100g
for uncooked ingredients	457.5 g	100 g
Energy (kJ/kcal)	3474 kJ/ 830 kcal	759 kJ/ 181 kcal
Fat (g)	18.1 g	9.9 g
Sat. Fat (g)	24.4 g	4 g
Carbohydrate (g)	85.4 g	18.7 g
Sugars (g)	15.9 g	3.5 g
Protein (g)	24.6 g	5.4 g
Salt (g)	0.5 g	0.1 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.

Contact

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Roast the Aubergine

- Preheat your oven to 220°C/200°C fan/gas mark 7.
- Trim the **aubergine** then cut into roughly 2cm pieces.
- Pop the **aubergine** onto a lined baking tray.
- Drizzle with **sesame 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.



Get the Sauce Started

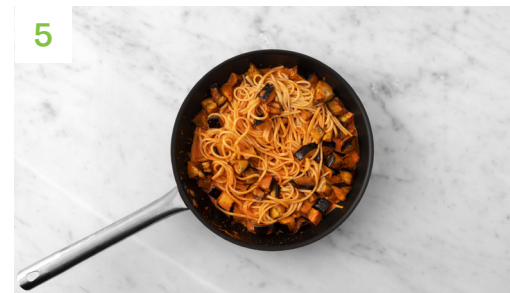
- Meanwhile, place a pan over medium-high heat with a very light drizzle of **oil**.
- Once hot, cook the **tomato paste** until fragrant, 2-3 mins.
- Add the juice of two **lemon** wedges, 50ml **water** and ½ tsp **sugar** (double all for 4p).
- Pour in the **creme fraiche** and allow to warm through, 2-3 mins. Season to taste with **salt**, **pepper** and **sugar**.

TIP: Loosen the sauce with a splash of water if necessary!



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.
- Drizzle with **oil** and stir through to prevent sticking. Cover to keep warm.



Finishing Touches

- Once everything is ready, remove the **aubergine** and **tomatoes** from the oven.
- Toss the **linguine**, **aubergine** and **half** the **cheese** through the sauce, allowing everything to warm through.



Blister the Cherry Tomatoes

- When the **aubergine** has been cooking for 8-10 mins, remove from the oven.
- Pop the **tomatoes** onto the same tray.
- Drizzle with **oil**, season with **salt** and **pepper** then pop back into the oven for the remaining cooking time, 12-15 mins.
- Slice the **lemon** into 4 wedges.



Garnish and Serve

- Divide the **aubergine linguine** between bowls.
- Garnish with blistered **tomatoes**, **lemon** wedges and remaining **cheese**.

Enjoy!