



### Product Spotlight: Eggplant

Eggplants are super versatile and loved for their creamy texture after cooking. The eggplant is commonly known as a vegetable, but it is a member of the berry family!




## Pasta Alla Norma

### with Shaved Parmesan

Pasta Alla Norma is a traditional Sicilian dish of spaghetti tossed with roasted eggplant in a tomato sauce garnished with fresh basil. The sweet tomato sauce and savoury eggplant create a deliciously balanced flavour.

 25 minutes

 4 servings

 Vegetarian

5 May 2023

## Spice it up!

*Add a few slices of fresh red chilli or dried chilli flakes and a squeeze of lemon to spice this dish up.*

Per serve: **PROTEIN** 36g **TOTAL FAT** 19g **CARBOHYDRATES** 130g

## FROM YOUR BOX

LONG PASTA	1 packet
EGGPLANT	1
BROWN ONION	1
BUTTON MUSHROOMS	300g
TINNED LENTILS	400g
TINNED CHERRY TOMATOES	2 x 400g
MESCLUN LEAVES	1 bag (120g)
AGAVE DRESSING	1 sachet
PARMSAN CHEESE	1 packet
BASIL	1 packet

## FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, 2 garlic cloves, sugar of choice (see notes)

## KEY UTENSILS

large frypan, saucepan, oven tray

## NOTES

We used white sugar; brown sugar or honey would also work well.



### 1. COOK THE PASTA

Set oven to 220°C.

Bring a saucepan of water to a boil. Add pasta and cook according to packet instructions. Drain pasta.



### 2. ROAST THE EGGPLANT

Slice eggplant into 1cm thick pieces. Place on a lined oven tray. Coat well with **oil**. Season with **salt and pepper**. Roast for 15–20 minutes until golden and tender.



### 3. SAUTÉ THE SAUCE

Heat a large frypan over medium–high heat with **oil**. Dice onion, slice mushrooms and crush **garlic**. Add to pan as you go. Sauté for 5 minutes. Drain and rinse lentils. Add to pan along with cherry tomatoes. Simmer for 5 minutes.



### 4. DRESS THE MESCLUN

Add mesclun leaves to a large bowl along with agave dressing. Toss well to dress.



### 5. TOSS THE PASTA

Add roasted eggplant, **2 tbsp olive oil** and **1 tsp sugar** to pasta sauce. Add drained pasta and 1/3 packet parmesan (reserve remaining to serve). Toss well to combine. Season to taste with **salt and pepper**.



### 6. FINISH AND SERVE

Roughly chop basil leaves.

Garnish pasta with chopped basil and remaining parmesan. Serve tableside along with dressed mesclun leaves.

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