

SICILIAN AUBERGINE, TOMATO & OLIVE PASTA

INGREDIENTS

1 AUBERGINE	DRIED ITALIAN HERBS
1 PACK CHERRY TOMATOES	CHILLI FLAKES
2 GARLIC CLOVES	400G TINNED TOMATOES
1 RED ONION	70G SPINACH
70G OLIVES	120G OF PASTA

HOW TO MAKE

- PRE HEAT THE OVEN TO 200 DEGREES
- ROUGHLY CHOP THE AUBERGINE (ROUGHLY 3CM CUBES). PLACE THE IT WITH THE CHERRY TOMATOES ON A ROASTING TIN, WITH A TABLESPOON OF OLIVE OIL AND SALT AND PEPPER. ROAST FOR 20 MINS
- MEANWHILE HEAT A TABLESPOON OF OLIVE OIL IN A PAN. FINELY DICE THE ONION AND GARLIC AND FRY FOR 5-7 MINUTES ON A MEDIUM HEAT, UNTIL THEY ARE SOFT. THEN ADD THE CHILLI FLAKE AND ITALIAN HERBS AND STIR TOGETHER FOR A MINUTE.
- 3. ADD TO THE PAN A SPLASH OF BALSAMIC VINEGAR, TINNED TOMATOS AND BREAT DOWN ADDING 75ML WATER. SIMMER FOR 10-12 MINUTES.
- 4. COOK THE PASTA BY THE PACKET INSTRUCTIONS, AND CHOP THE OLIVES
- 5. ONCE THE AUBERGINE AND CHERRY TOMATOES ARE SOFT AND CHARRED ADD THEM TO YOUR TOMATO SAUCE AND STIR IN THE SPINACH.
- 6. DRAIN THE PASTA AND COMBINE THE AUBERGINE SAUCE SERVE AND SPRINKLE THE OLIVES ON TOP.

ENJOY!

SERVINGS 4

NUTRITIONAL INFO

CALORIES 691 KCAL | FAT 32G | CARBS 85G | PROTEIN 19G