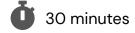


Mediterranean Pasta

with Capers and Rocket

Red lentil pasta tossed with pan fried eggplant, tomatoes capers and parsley. Topped with rocket and nut based cheddar cheese.







Leave the pasta a little undercooked, mix through the vegetables and pour into an ovenproof dish. Sprinkle with the grated cheese and bake in a moderate oven for 10 minutes. Serve rocket on the side.

TOTAL FAT CARBOHYDRATES

FROM YOUR BOX

LEGUME PASTA	1 packet
BROWN ONION	1
EGGPLANT	1
CHERRY TOMATOES	1 bag (400g)
CAPERS	1 jar
PARSLEY	1 packet
NUT CHEDDAR	150g
ROCKET	120g

FROM YOUR PANTRY

oil for cooking, salt, pepper, dried Italian herbs, balsamic vinegar

KEY UTENSILS

large frypan, saucepan

NOTES

Add some extra oil if needed to brown the eggplant.



1. COOK THE PASTA

Bring a saucepan of water to the boil. Add pasta and cook for 8-10 minutes or until al dente. Drain and rinse.



2. COOK THE ONION

Heat a large frypan over medium-high heat with 3 tbsp oil. Slice and add onion with 2 tsp Italian herbs. Cook for 3 minutes until softened. Dice and add eggplant. Cook for further 4-5 minutes or until golden (see notes).



3. ADD THE TOMATOES

Halve cherry tomatoes. Add to pan as you go along with drained capers, chopped parsley, 2 tbsp balsamic vinegar and 1/2 cup water. Cook, covered for a further 4-5 minutes.



4. PREPARE TOPPING

Grate cheese and set aside with rocket.



5. TOSS THE PASTA

Add pasta to pan with vegetables and toss together, add a little water if needed. Season with salt and pepper.



6. FINISH AND SERVE

Divide pasta between bowls and top with grated cheddar and rocket.



