



Product Spotlight: Goats Cheese

Goat cheese is creamy and has a unique flavour that adds a lifting contrast to this dish.



Charred Tomato Pasta with Goats Cheese

Smoky charred eggplant and tomatoes tossed through rigatoni with a hint of chilli, topped with creamy goats cheese, toasted pecans and fresh parsley.



35 minutes



Vegetarian



2 servings

Make it creamy!

You can stir the goats cheese through the pasta for a creamier sauce or keep the vegetables diced for texture if preferred.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	27g	25g	104g

FROM YOUR BOX

SHORT PASTA	500g
MEDIUM EGGPLANT	1
TOMATOES	3
BROWN ONION	1
TOMATO PASTE	1 sachet
PECANS	40g
PARSLEY	1 packet
GOATS CHEESE	80g

FROM YOUR PANTRY

olive oil, salt, pepper, smoked paprika, dried chilli flakes, sugar (of choice)

KEY UTENSILS

large frypan, saucepan, stick mixer or blender

NOTES

If you prefer a bit more texture you can skip blending the sauce. Simply remove the vegetables from the pan, continue with step 4 and stir through in step 5.

You can toast the pecans in a dry frypan for extra crunch.

No gluten option – pasta is replaced with GF pasta.



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1. COOK THE PASTA

Bring a large saucepan of water to boil. Add **1/2 packet pasta** and cook according to packet instructions, or until al dente. Drain and set aside.



2. CHAR THE VEGETABLES

Heat a large frypan over high heat with **1 1/2 tbsp olive oil**. Dice and add **eggplant**. Cook for 5 minutes until charred. Dice and add **tomatoes** to cook for a further 5 minutes, or until charred. Season with **salt and pepper**.



3. BLEND THE SAUCE

Transfer **charred vegetables** to a blender or jug. Blend briefly to break down slightly, keeping some texture (see notes).



4. MAKE THE SAUCE

Reheat frypan to medium heat with **1/4 cup olive oil**. Dice **onion** and cook until softened. Add **tomato paste**, **2 tsp paprika**, **1 tsp sugar** and **1/2 tsp chilli flakes**. Stir until fragrant.



5. TOSS THE PASTA

Return **blended vegetables** to pan. Simmer for 2–3 minutes. Toss **cooked pasta** through **sauce** and season with **salt and pepper**.



6. FINISH AND SERVE

Chop **pecans** and **parsley** (see notes). Break apart **goats cheese** and scatter all on top to garnish. Serve with a drizzle of **olive oil** and **cracked black pepper**.

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