



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



2 servings



Vegetarian

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	TOTAL FAT	CARBOHYDRATES
	34g	19g	137g

FROM YOUR BOX

LONG PASTA	1 packet
EGGPLANT	1
BROWN ONION	1
BUTTON MUSHROOMS	150g
GARLIC CLOVE	1
TINNED CHERRY TOMATOES	400g
MESCLUN LEAVES	120g
PARMSAN CHEESE	1 packet
BASIL	1 packet

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, sugar of choice (see notes), white wine vinegar

KEY UTENSILS

large frypan, saucepan, oven tray

NOTES

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

No gluten option - pasta is replaced with GF pasta.



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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. Add cherry tomatoes and **1/4 tin water** to pan. Simmer for 5 minutes.



4. DRESS THE MESCLUN

Add mesclun leaves to a large bowl along with **1 tbsp olive oil, 2 tsp vinegar, salt and pepper**. Toss well to dress.



5. TOSS THE PASTA

Add roasted eggplant, **1 tbsp olive oil** and **1/2 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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