



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



4/6 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
	25g	18g/15g	92g
4/6 Person:			

FROM YOUR BOX

	4 PERSON	6 PERSON
SHORT PASTA	500g	2 x 500g
MEDIUM EGGPLANT	1	2
RED CAPSICUM	1	2
TOMATOES	4	4
BROWN ONION	1	1
TOMATO PASTE	1 sachet	2 sachets
PECANS	2 x 40g	2 x 40g
PARSLEY	1 packet	2 packets
GOATS CHEESE	150g	150g + 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 **pasta** and cook according to packet instructions, or until al dente. Reserve **1/4 cup pasta water** before draining. Set aside.

6P – cook 1 1/2 packets pasta and reserve 1/2 cup pasta water.



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.

6P – use 1/3 cup olive oil, 3 tsp paprika and 1 tsp chilli flakes.



2. CHAR THE VEGETABLES

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

6P – use 3 tbsp olive oil.



5. TOSS THE PASTA

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



3. BLEND THE SAUCE

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



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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