

# MARLEY SPOON



## Eggplant Caponata

with Pasta, Feta and Raisins



20-30min



4 Portions

Combining vinegar-spiked capers in a chunky tomato sauce, caponata is Italy's take on sweet and sour. Hailing from the southern island of Sicily, the classic pasta also celebrates other local ingredients with soft eggplant, sweet raisins and salty green olives.



## What we send

- onion
- pasta <sup>1</sup>
- parsley, garlic
- green pitted olives
- diced tomatoes
- eggplant
- raisins
- capers in vinegar
- slivered almonds <sup>15</sup>
- feta <sup>7</sup>

## What you'll require

- olive oil
- sea salt and pepper
- sugar

## Utensils

- large deep frypan
  - large saucepan
  - small frypan
- Our veggies come straight from the farm, so please wash them before cooking.

## Allergens

Gluten (1), Milk (7), Tree Nuts (15).  
May contain traces of other allergens.

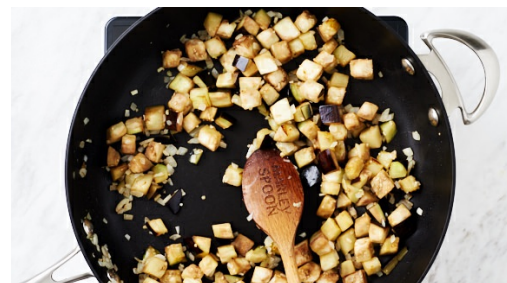
## Nutrition per serving

Energy 960.0kcal, Fat 43.2g, Proteins 30.7g, Carbs 106.6g



### 1. Prepare ingredients

Bring a large saucepan of salted water to the boil for the pasta. Finely chop the **onion**. Crush or finely chop the **garlic**. Cut **eggplants** into 1 cm dice.



### 2. Start sauce

Heat **80ml (1/3 cup) olive oil** in a large deep frypan over medium heat and cook the **onion** and **garlic**, stirring regularly, for 2 mins. Season with **salt and pepper**. Increase the heat to high, add the **eggplant** and cook for a further 5 mins or until golden, stirring regularly.



### 3. Add tomatoes

Add the **tomatoes**, **1 tsp sugar** and **salt and pepper** to the eggplant mixture. Bring to the boil then reduce heat to low and cook for 10 mins or until the sauce thickens.



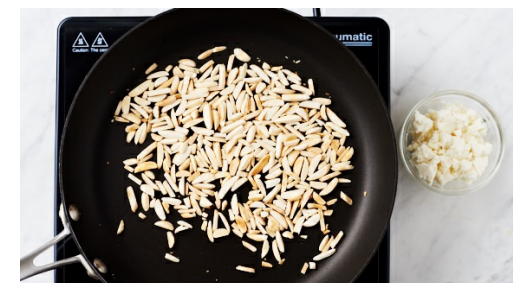
### 4. Cook pasta

Meanwhile, cook the **pasta** in the pan of boiling water for 10-12 mins until al dente. Reserve **125ml (1/2 cup) cooking water**, then drain and return the pasta to the pan.



### 5. Finish sauce

While the pasta is cooking, coarsely chop the **capers**. Halve the **olives**. Finely chop the **parsley** leaves, discarding the stems. Stir in the olives, parsley, capers and **raisins** to the sauce to combine.



### 6. Toast almonds

Put the **almonds** in a cold small frypan over medium heat. Toast, tossing, for 3-4 mins until evenly golden. Remove from the heat. Stir the **tomato sauce** and **reserved pasta water** through the pasta. Divide among bowls. Crumble over the **feta** and scatter over the **almonds** to serve.