

# MARLEY SPOON



## Tomato and Eggplant Pasta

with Chickpeas, Capers and Olives



20-30min



4 Portions

This is based on the classic puttanesca pasta, thought to have originated with, ahem, ladies of the night. Relying on pantry staples like canned tomatoes, capers and olives, it lends itself perfectly to the addition of chickpeas, spinach leaves and lashings of grated parmesan, for a tasty week-night pasta fest.

## What we send

- baby spinach leaves
- mild chilli flakes
- onion
- eggplant
- chickpeas
- diced tomatoes
- garlic
- farfalle pasta <sup>1</sup>
- capers
- black olives
- parmesan <sup>7</sup>

## What you'll require

- olive oil
- sea salt and pepper
- sugar

## Utensils

- box grater
- large deep frypan or saucepan with lid
- large saucepan

Our vegies come fresh from the farm, so please wash them before use.

## Cooking tip

Add chilli flakes to suit your heat preference. The remaining chilli flakes won't be used in this dish.

## Allergens

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

## Nutrition per serving

Energy 775kcal, Fat 28.5g, Carbs 89.6g, Proteins 30.2g



### 1. Prepare vegetables

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



### 2. Cook pasta

Cook the **pasta** in the pan of boiling water for 8-9 mins until al dente. Reserve **125ml (½ cup) of the cooking water**, then drain the pasta and return to the pan to keep warm.



### 3. Cook vegetables

Meanwhile, heat **2 tbs olive oil** in a large deep frypan over medium-high heat. Cook the **eggplant**, stirring occasionally, for 4-5 mins until browned. Add the **onion, garlic** and **1 tbs olive oil**. Cook, stirring regularly, for a further 4-5 mins until softened.



### 4. Prepare ingredients

While the vegetables are cooking, coarsely chop the **olives** and **capers**. Rinse and drain the **chickpeas**. Finely grate the **parmesan**.



### 5. Add tomatoes

Add the **tomato, chickpeas, olives, capers, a pinch of chilli flakes** (see cooking tip) and **2 tsp sugar** to the pan and bring to the boil. Reduce heat to low and cook, covered, for 5 mins. Season with **salt and pepper**, stir in the **spinach** and **reserved cooking water** and cook, covered, for 1-2 mins until the spinach is wilted.



### 6. Get ready to serve

Add the **pasta** to the sauce and stir to combine. Divide the **pasta** among bowls. Scatter over the **parmesan** to serve.