



Rigatoni with Eggplant Ragu



30-40min



2 Portions

Cooking the garlic cloves and onion in the oil before adding the eggplant infuses the rest of the ingredients with their savoury flavour. Let them get deeply golden brown before adding the eggplant. Don't be afraid to undercook your pasta initially: it will finish cooking in the skillet with the sauce and pasta water, creating a luscious, silky sauce.

What we send

- vegetable stock concentrate
- tomato paste
- rigatoni pasta ¹
- balsamic glaze ¹⁷
- basil
- parmesan ⁷
- fennel seeds
- eggplant
- button mushrooms
- red onion
- garlic

What you'll require

- olive oil
- salt and pepper

Utensils

- large frypan
- large saucepan

Our veggies come straight from the farm, so please wash them before cooking.

Allergens

Gluten (1), Milk (7), Sulphites (17).
May contain traces of other allergens.

Nutrition per serving

Energy 740.0kcal, Fat 25.5g, Proteins 31.7g, Carbs 89.3g



1. Prepare vegetables

Bring a large saucepan of salted water to the boil for the pasta. Thinly slice the **garlic** and **red onion**. Combine the garlic and 60ml (¼ cup) **oil** in a large frypan. Cook over medium heat for 4 mins or until golden. Add the onion and cook, stirring often for 3 mins or until softened.



2. Cook vegetables

Meanwhile, thinly slice the **mushrooms**. Cut the **eggplant** into 1cm cubes. Add **fennel seeds** and **eggplant** to pan and season with **salt and pepper**. Cook stirring occasionally for 8 mins or until the eggplant is tender and golden (add 1 tbs oil if eggplant starts to stick). Add the sliced **mushrooms** and cook for a further 2 mins or until softened.



3. Cook pasta

Meanwhile, cook the **pasta** in the boiling water for 8 mins or until almost al dente. Reserve 250ml (1 cup) cooking liquid then drain. Shave the **parmesan** with a vegetable peeler.



4. Add tomato paste

Meanwhile, move the **vegetables** in the pan to the side and add the **tomato paste** to the **eggplant** and stir to combine. Cook for 2-3 mins, stirring occasionally, until the eggplant is very soft. Season with **salt and pepper**.



5. Finish pasta

Combine the **vegetable stock concentrate** with the reserved **pasta water**. Add the **pasta**, pasta water and **balsamic glaze** to the pan and cook for 4 mins, stirring and tossing until the sauce is reduced and coats the pasta. Taste and season with **salt and pepper** if necessary.



6. Add basil

Pick the **basil** leaves (discard stems). Reserve a few leaves for garnish and add the rest of the basil to the **pasta**, tossing until wilted. Season with **salt and pepper**. Top with **parmesan** and reserved basil.