



Roasted Eggplant & Fennel Fusilli

with Fetta & Basil

Grab your Meal Kit with this symbol



Garlic



Zucchini



Eggplant



Red Onion



Cherry Tomatoes



Garlic & Herb Seasoning



Fusilli Pasta



Fennel Seeds



Passata



Vegetable Stock Pot



Fetta Cheese



Basil

Hands-on: 20-30 mins
Ready in: 30-40 mins

Add layers of flavour to fusilli with an array of rainbow veggies roasted in Mediterranean-inspired seasonings. Paired with a rich tomato sauce and aromatic basil leaves, your finished dish will be transformed into a taste sensation.

Pantry items

Olive Oil, Brown Sugar, Butter

Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

You will need

Medium saucepan · Oven tray lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	2 cloves	4 cloves
zucchini	1	2
eggplant	1	2
red onion	1	2
cherry tomatoes	1 punnet	2 punnets
garlic & herb seasoning	1 sachet	2 sachets
fusilli pasta	1 packet	2 packets
fennel seeds	1 sachet	2 sachets
passata	1 box (200g)	2 boxes (400g)
vegetable stock pot	1 tub (20g)	1 tub (40g)
brown sugar*	1 tsp	2 tsp
butter*	30g	60g
fetta cheese	1 large block (100g)	2 large blocks (200g)
basil	1 punnet	1 punnet

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	3276kJ (782Cal)	485kJ (115Cal)
Protein (g)	26.8g	4g
Fat, total (g)	28.2g	4.2g
- saturated (g)	16.6g	2.5g
Carbohydrate (g)	97.9g	14.5g
- sugars (g)	24.5g	3.6g
Sodium (mg)	1823mg	270mg

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



Get prepped

Preheat the oven to **220°C/200°C fan-forced**. Bring a medium saucepan of salted water to the boil. Finely chop the **garlic**. Cut the **zucchini** into 2cm chunks. Cut the **eggplant** into 2cm chunks. Slice the **red onion** into 2cm wedges.



Make the sauce

Return the frying pan to a medium-high heat with a drizzle of **olive oil**. Cook the **garlic** and **fennel seeds**, until fragrant, **1 minute**. Add the **passata**, **vegetable stock pot**, **brown sugar** and **reserved pasta water** and cook until slightly reduced, **2-3 minutes**. Season to taste.

TIP: Fennel is a strong flavour, use less if you're not a fan.



Roast the veggies

Spread the **zucchini**, **eggplant**, **onion**, **cherry tomatoes** and **garlic & herb seasoning** on an oven tray lined with baking paper. Drizzle generously with **olive oil** and season with **salt** and **pepper**. Toss to coat. Roast until tender, **20-25 minutes**.



Bring it all together

Add the **fusilli**, **roasted veggies** and **butter into the pan**. Crumble 1/2 the **fetta over the fusilli**. Stir to combine.



Cook the fusilli

While the veggies are roasting, cook the **fusilli** in the boiling water and cook until 'al dente', **11 minutes**. Reserve some **pasta water** (1/4 cup for 2 people / 1/2 cup for 4 people), then drain and return the **pasta** to the saucepan. Drizzle with a little **olive oil** to prevent sticking and cover to keep warm.

TIP: 'Al dente' pasta is cooked through but still slightly firm in the centre.



Serve up

Divide the roasted eggplant and fennel fusilli between bowls. Crumble over the remaining fetta. Tear over the **basil**.

Enjoy!