

Aubergine & Tomato Pasta

Serves 4

3 cups (300g) pasta, uncooked
2 aubergines, cut into bite-size pieces
1 tbsp. olive oil
1 tbsp. oil from sundried tomatoes
14 oz. (400g) can chopped tomatoes
10 sundried tomatoes, drained
3 cloves garlic, minced
1 onion, diced
2 tbsp. tomato puree
1 tsp. coconut sugar
2 tsp. mixed herbs

What you need to do

1. Preheat the oven to 375°F (190°C). Cook pasta according to instructions on the packaging.
2. Place the cut aubergine on a baking tray lined with baking paper and drizzle with 1 tbsp. of oil. Season with salt and cook in the oven for 35 minutes, until soft.
3. While the aubergine is cooking, heat 1 tbsp. of the sundried tomato oil in a pan over medium heat. Sauté the onion and garlic for around 5 minutes.
4. Next, add in the tomato puree, mixed herbs, and sundried tomatoes. Mix well and continue cooking for 2 minutes. Then add the chopped tomatoes and sugar. Reduce the heat and simmer until the aubergine is ready.
5. Once pasta and aubergine are ready, mix everything, and serve.



DF	MP	V						
			Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
			10 mins	30 mins	459	11	76	14

*Nutrition per serving

