



Aubergine & Penne Pasta Bake with Tossed Lemon Salad

Pasta bakes are a real family favourite! Wholegrain penne and a simple side salad of rocket & spinach gives this pasta bake a health boost the whole family will enjoy. This aubergine pasta bake is super-easy to make and packed full of flavour.

Nutritional Info

Calories: 633 kcal
Carbohydrates: 99 g
Protein: 29 g
Fat: 13 g

Ingredients

- Aubergine
- Shallot
- Garlic
- Chopped Tomatoes
- Tomato Puree
- Wholegrain Pasta
- Salad Mix
 - Spinach
 - Rocket
- Dressing Mix
 - Lemon Juice
 - Rapeseed Oil

Your Pantry

- Olive Oil

Allergens

[Wheat \(Pasta\)](#)


[Milk \(Cheese\)](#)

Your ingredients were carefully packed on a premises that stores and portions other allergens. Such as cereals containing gluten, seeds, nuts, soy products, dairy etc. Every effort is made to avoid cross contamination but please be aware of this if cooking for somebody with a severe allergy.



METHOD

Read the entire recipe from start to finish. Trust us! You'll be more familiar with the steps and cooking the dish will be a stroll in the park. Before you begin give the vegetables a quick rinse.



1) Preheat the oven 180°C

2) Cook the pasta

Cook the pasta in boiling salted water for 10 minutes. Drain and set aside. Move on to the next step.

3) Chop the vegetables

Slice the aubergine into circles. Remove the outer layer from the shallot and finely slice. Finely chop the garlic. Set the ingredients aside.

4) Fry the aubergine

Fry the aubergine in a hot pan until it develops a nice brown colour on one side. Flip it over and cook the other side. Set aside.

5) Make the sauce and add the pasta

In a pot, fry the garlic and shallot for 2 minutes. Add the chopped tomatoes and tomato puree. Cook for 5 minutes. Add the cooked pasta into the sauce and mix it around.

6) Layer the bake

Pour the pasta and sauce into the bottom of a deep baking tray and layer the aubergine on top. If you have enough pasta and aubergine left, repeat and do another layer. Sprinkle the parmesan over the top and put in the oven to bake for 10 minutes.

7) Serve with the side salad

Serve the aubergine pasta bake with the tossed salad leaves and some dressing.



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