

READY IN:



30 MINS



2

PORTIONS

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Al Forno Penne Pasta with Italian Sausage

with Ratatouille, Olives, Italian Sausage and
Balsamic Dressed Arugula

Ingredients included:



Eggplant



Zucchini



Onion



Garlic Clove



Cheddar
Cheese



Black Olives



Chopped
Tomatoes



Fresh
Oregano



Penne
Pasta



Fresh
Basil



Italian Herb
Sausage



Balsamic
Vinegar



Arugula

STORAGE: Keep ingredients refrigerated. Best consumed by date on label.

NEEDED FROM HOME: salt, pepper and olive oil

FOOD SAFETY REMINDERS: Wash hands before handling food and after any interruption. Thoroughly wash fresh fruit or vegetables before cutting. Wash, rinse and sanitize all equipment before and after use.



- * Pre-heat your oven to 425 degrees.
- * Chop the very top and bottom from the eggplant, then cut it in half lengthways.
- * Slice each half lengthways into five pieces.
- * Cut the zucchini lengthways in half and then into $\frac{3}{4}$ inch cubes.
- * Finely coat eggplant and zucchini in 1 tablespoon of olive oil, a pinch of salt and pepper and roast on a baking tray for 20 minutes.
- * Peel and finely chop half the onion and the garlic.
- * Pull leaves off oregano stem, grate the cheddar and chop up the olives.



- * Heat 1 tablespoon of olive oil in a large frying pan on medium-low heat. Once hot, add in the garlic with a pinch of salt and pepper.
 - * While they cook, slice open the sausages and put the meat in the pan too (discard the skins). Break it up and cook with the onion and garlic for around 5 minutes.
 - * Add the chopped tomatoes, fresh oregano and olives to the onion mixture.
 - * Turn the heat to low and slowly cook the sauce until the eggplant and zucchini is cooked (in the oven).
- Tip:** Once the excess water in the tomatoes has gone and the sauce has thickened, it is ready.



- * Cook the pasta in the boiling water for about 10 minutes or until al dente.
- Tip:** Pasta is 'al dente' when it is cooked through but has a hint of firmness in the middle.
- * Once the eggplant and zucchini is soft and a little crispy around the edges mix into the tomato sauce.
 - * Drain the pasta and mix it thoroughly into the sauce. Tear the basil into small pieces and stir through the pasta. Pour the pasta into an ovenproof dish.



- * Scatter the grated cheddar cheese across the top and put the dish on the top shelf of the hot oven. Cook for around 5-10 minutes or until the cheddar is brown and crispy.
- * Drizzle 1 teaspoon of olive oil and the balsamic vinegar over the arugula.
- * Serve a healthy spoonful of your pasta with the arugula on the side.

Allergen Advice: Allergens in this recipe are shown in bold below

Ingredients: Cheddar Cheese - **Milk**, Penne Pasta - **Gluten (Wheat)**, Mozzarella - **Milk**

RECIPE AND ALLERGEN DISCLAIMER: The nutrition information contained in this recipe is based on calculated data and should be used for informational purposes only. We do not guarantee the accuracy of nutrition information since the information may change due to product formulation, recipe substitutions, portion size variation and other factors as you prepare the recipe. While we provide a list of all ingredients on your nutrition label, all of our ingredients are produced in a facility that also processes milk, eggs, fish, shellfish, tree nuts, peanuts, wheat and soy. Our staff are trained to follow food safety procedures in our kitchens and take steps to prevent cross-contact with other foods. However since cross-contamination may occur, we can never guarantee a dish is completely free from any allergens or specific ingredients due to product formulation change or possible alteration of the recipe. Individuals with food allergies or specific dietary concerns should speak with a member of our staff for individual assistance. **FRESH AT HOME DOES NOT REPRESENT OR WARRANT THAT THE NUTRITION, INGREDIENT, ALLERGEN AND OTHER PRODUCT INFORMATION IS ACCURATE OR COMPLETE.**