



# 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.



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

\*Nutrition per serving