



CHORIZO LINGUINE

with Eggplant and Sun-Dried Tomatoes

PRONTO



HELLO LINGUINE

Thinner and narrower than fettuccine, linguine means 'little tongues' in Italian

TIME: 30 MIN



Chorizo Sausage, uncased



Garlic



Onion, chopped



Baby Eggplant



Parsley



Sun-Dried Tomatoes



Diced Tomatoes



Linguine



Bocconcini Cheese



Balsamic Vinegar

BUST OUT

- Measuring Cups
- Large Non-Stick Pan
- Measuring Spoons
- Large Pot
- Strainer
- Small Bowl
- Garlic Press
- Salt and Pepper
- Sugar (½ tsp | 1 tsp)
- Olive or Canola Oil

INGREDIENTS

2-person | 4-person

- Chorizo Sausage, uncased 250 g | 500 g
- Garlic 6 g | 12 g
- Onion, chopped 56 g | 113 g
- Baby Eggplant 160 g | 320 g
- Parsley 7 g | 14 g
- Sun-Dried Tomatoes 28 g | 56 g
- Diced Tomatoes 1 can | 2 can
- Linguine 1 170 g | 340 g
- Bocconcini Cheese 2 100 g | 200 g
- Balsamic Vinegar 9 1 tbsp | 2 tbsp

ALLERGENS | ALLERGÈNES

Some ingredients are produced in a facility that also processes milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Certains ingrédients sont produits dans des installations qui traitent également lait, la moutarde, les arachides, le sésame, le soja, les sulfites, les noix et le blé.

- 0 Fish/Poisson
- 1 Wheat/Blé
- 2 Milk/Lait
- 3 Egg/Oeuf
- 4 Soy/Soja
- 5 Tree Nut/Noix
- 6 Mustard/Moutarde
- 7 Peanut/Cacahuète
- 8 Sesame/Sésame
- 9 Sulphites/Sulfites
- 10 Crustacean/Crustacé
- 11 Shellfish/Fruit de Mer

*Laver et sécher tous les aliments.

**Cuire jusqu'à une température interne minimale de 71°C/160°F.



START STRONG

In Step 2, we cook eggplant in a dry pan (without oil) to encourage browning. Using a non-stick pan in this step makes it much easier to remove cooked eggplant!



1 PREP Wash and dry all produce.* In a large pot, bring **12 cups water** and **2 tsp salt** to a boil. (**NOTE:** Use same size pot, water and salt amount for 4 ppl.) Meanwhile, peel, then mince or grate **garlic**. Cut **sun-dried tomatoes** into ¼-inch pieces. Cut **eggplant** into ½-inch pieces.



4 COOK CHORIZO Meanwhile, heat the same pan over medium heat. When the pan is hot, add **1 tbsp oil** (dbl for 4 ppl), then **onions** and **sun-dried tomatoes**. Cook, stirring occasionally, until **onions** soften, 3-4 min. Add **chorizo** and **garlic**. Cook, breaking up **chorizo** into smaller pieces, until no pink remains, 3-5 min. (**TIP:** Cook to a minimum internal temp. of 71°C/160°F**)



2 COOK EGGPLANT Heat a large non-stick pan over medium-high heat. When hot, add **eggplant** to the dry pan. Cook, stirring occasionally, until softened and golden-brown, 5-6 min. Remove pan from heat. Transfer **eggplant** to a plate and set aside. (**TIP:** Don't overcrowd pan; cook eggplant in two batches for 4 ppl.)



5 MAKE PASTA SAUCE To the same pan, add **diced tomatoes**, **eggplant**, **reserved pasta water**, **1 tbsp vinegar** (dbl for 4 ppl) and **½ tsp sugar** (dbl for 4 ppl). Season with **salt** and **pepper**. Bring to a boil over high heat. Once boiling, reduce the heat to medium. Simmer, stirring occasionally, until **sauce** is slightly thickened, 4-5 min.



3 COOK PASTA Break **linguine** in half, then add to the large pot with **boiling water**. Cook, stirring occasionally, until **linguine** is tender, 10-12 min. When **linguine** is done, reserve **¼ cup pasta water** (dbl for 4 ppl), then drain.



6 FINISH AND SERVE Roughly chop **parsley**. In a small bowl, tear **bocconcini** and season with **salt** and **pepper**. Stir **linguine** into **sauce**, then divide **pasta** between bowls. Sprinkle over **parsley** and top with **bocconcini**.

FUSION!

Chorizo adds Spanish flavour to this Italian dish!