

Gluten-free pasta alla norma

4822.80g / Portions: 3 / Per Portion: 1607.60g

A delicious low cal veggie and gluten-free recipe - <https://www.olivemagazine.com/recipes/vegetarian/penne-alla-norma/>

Ingredients


Item	Qty	Unit
Gluten-free penne	150	g
Onion, chopped	half	onion
Garlic, crushed	1	Clove
Aubergine, cubed	1	Aubergine
Extra Virgin Olive Oil	2	tsp
Peeled plum tomatoes	400	g
Chilli flakes	1	pinch
Basil	1	Handful

Timing

Prep Time:	00:00
Cook Time:	00:35



Allergens

Soya  (Gluten-free penne)

Nutrients	Portion	100g
Energy	455.57kcal	28.34kcal
Salt	0.09g	0.01g
Fat	9.78g	0.61g
Saturated fat	2.03g	0.13g
Carbohydrate	76.40g	4.75g
Sugar	34.53g	2.15g
Protein	18.13g	1.13g
Fibre	2.35g	0.15g

Method

STEP 1

Put the aubergine into a large bowl and toss with the olive oil. Heat a non-stick frying pan over a high heat and tip in the aubergine. Cook, tossing regularly, for 5 minutes or until the aubergine is charred. Tip into a bowl.

STEP 2

Turn down the heat and fry the onion with a splash of water for 5 minutes or until translucent (add a little water if it starts to catch). Add the garlic and chilli, and cook for 2 minutes, then tip in the tomatoes and ½ a tin of water. Season well and use a masher to break up the large tomato pieces. Tip the aubergine back in and simmer gently for 20-30 minutes or until thickened and the aubergine is soft.

STEP 3

Cook the pasta following pack instructions, then drain well, reserving some of the cooking water. Tip the pasta into the sauce and toss well, adding a little pasta water if it's too thick. Top with the basil to serve.

Top with parmesan or veggie alternative to taste (not included in nutrition or allergen profile for this recipe).