



HELLO
FRESH

Aubergine Parmigiana Style Traybake

with Roasted Potatoes and Baby Leaves

Prepped in 10

Preparation time : 35 min.



Potatoes



Aubergine



Mixed Herbs



Marinara Sauce



Grated Hard
Italian Style Cheese



Baby Leaf Mix



Balsamic Glaze



Honey



Mayonnaise



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Find the full recipe and preparation details online.
<https://hfresh.cottey.fr/en-GB/recipes/aubergine-parmigiana-style-traybake-184>

Detach me! _____

Before you start

Plan ahead by checking the use-by dates of your ingredients. Rinse fresh produce and prepare the quantities listed below.

Utensils

Baking Tray, Small Bowl

Ingredients for 1-6 people

Ingredient	2p	3p	4p
Potatoes (grams)	450	700	900
Aubergine (unit(s))	2	3	4
Mixed Herbs (sachet(s))	1	1	2
Marinara Sauce (grams)	120	180	240
Grated Hard Italian Style Cheese (grams)	60	80	120
Baby Leaf Mix (grams)	50	70	100
Balsamic Glaze (grams)	12	18	24
Honey (tbsp)	1	1½	2
Mayonnaise (tbsp)	2	3	4

Add yourself

Salt, pepper, oil and water according to taste.

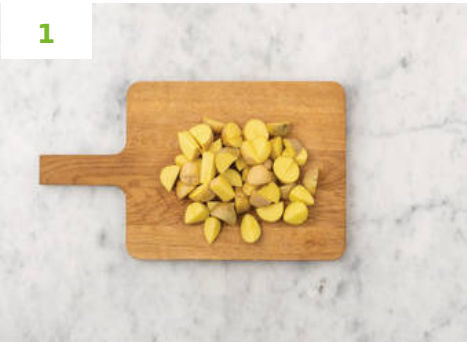
Nutritional values

Per serving	Amount
Energy (kj)	2163 kj
Energy (kcal)	517 kcal
Fat	18.8 g
of which saturates	6.4 g
Carbohydrate	75.2 g
of which sugars	24 g
Dietary Fibre	12 g
Protein	18.1 g
Salt	1.6 g

Allergens

Egg, Milk, May contain traces of allergens, Celery, Sulphites

Always check the product labels for allergen information.



Prep the Potatoes

Preheat your oven to 220°C/200°C fan/gas mark 7.
Chop the **potatoes** into 2cm chunks (no need to peel).



Get Roasting

Pop the **chunks** onto a large baking tray. Drizzle with **oil**, season with **salt** and **pepper**, then toss to coat.
Spread out in a single layer. **TIP:** Use two baking trays if necessary.
When the oven is hot, roast on the top shelf until golden, 25-35 mins.
Turn halfway through.



Aubergine Time

Meanwhile, trim the **aubergine**, then slice into rounds approximately 1cm thick.
Pop the **aubergine** onto a medium baking tray. Drizzle with **oil**, sprinkle over the **mixed herbs**, season with **salt** and **pepper**, then toss to coat.
Spread out in a single layer.
Roast on the middle shelf of your oven until soft and golden, 20-25 mins.
Turn halfway through.



Mix the Marinara Sauce

In a small bowl, mix together the **marinara sauce** and **honey** (see pantry for amount).



Finishing Touches

When the **aubergine** has 5 mins remaining, remove the tray from the oven. Pour over the **marinara sauce** and sprinkle evenly with the **Italian style cheese**.
Return to the oven until the **sauce** is piping hot and the **cheese** has melted, 5-6 mins.



Serve Up

Share the **aubergine parmigiana** between your plates. Spoon over any remaining **sauce** and **cheese** from the tray.
Serve the **roasted potatoes** and **baby leaves** alongside. Drizzle some **oil** and the **balsamic glaze** over the **leaves**.
Serve with **mayo** (see pantry for amount) for dipping.

Enjoy your meal!