



'Nduja Stuffed Tortelloni in Red Wine & Oregano Sauce

with Pepper, Aubergine and Italian Style Cheese

Calorie Smart

Preparation time : 10 min.



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Find the full recipe and preparation details online.
<https://hfresh.cottey.fr/en-GB/recipes/nduja-stuffed-tortelloni-in-red-wine-oregano-sauce-437>

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

Medium Saucepan, Garlic Press, Large Saucepan, Colander, Kettle

Ingredients for 1-6 people

Ingredient	2p	3p	4p
Bell Pepper (unit(s))	1	1½	2
Aubergine (unit(s))	1	1½	2
Garlic Clove (unit(s))	2	3	4
Cured Ham Tortelloni (grams)	300	600	600
Tomato Passata (carton(s))	1	1½	2
Dried Oregano (sachet(s))	1	1	2
Red Wine Stock Paste (grams)	28	42	56
Grated Hard Italian Style Cheese (grams)	20	40	40
Sugar for the Sauce (tsp)	1	1½	2
Water for the Sauce (milliliter(s))	75	125	150

Add yourself

Salt, pepper, oil and water according to taste.

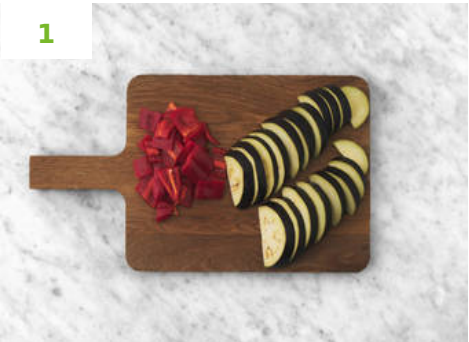
Nutritional values

Per serving	Amount
Energy (kJ)	2318 kJ
Energy (kcal)	554 kcal
Fat	13.3 g
of which saturates	4.9 g
Carbohydrate	84.7 g
of which sugars	25.3 g
Dietary Fibre	8.9 g
Protein	23.6 g
Salt	3.93 g

Allergens

Egg, Mustard, Milk, Wheat, Fish, Molluscs, Crustaceans, May contain traces of allergens, Soya, Pistachio nuts, Hazelnuts, Celery, Barley, Cereals containing gluten, Sulphites, Almonds, Cashew nuts, Walnuts, Nuts

Always check the product labels for allergen information.



Prep the Veg

- a) Halve the **bell pepper** and discard the core and seeds. Chop into 2cm chunks.
- b) Trim the **aubergine**, then halve lengthways. Slice widthways into 1cm pieces.



Get Frying

- a) Heat a drizzle of **oil** in a large saucepan on high heat.
- b) Once hot, add the **pepper** and **aubergine** and fry until charred, 5-6 mins. Continue to stir while it cooks.
- c) Meanwhile, peel and grate the **garlic** (or use a garlic press).



Boil the Pasta

- a) Next, boil a full kettle.
- b) Pour the **boiled water** into a saucepan with ½ **tsp salt** and bring back to the boil.
- c) Add the **tortelloni** and cook until tender, 3-5 mins.
- d) Once cooked, drain in a colander. Drizzle with **oil** and stir through to stop them sticking together.



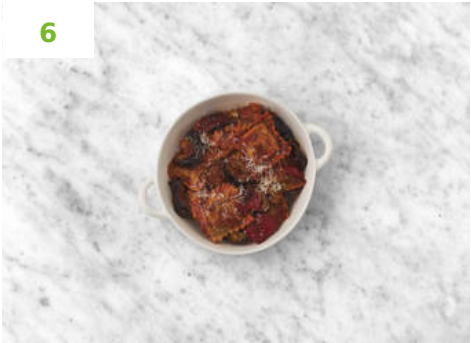
Build the Flavour

- a) Add the **garlic** to the **pepper** and **aubergine** and fry for 1 min more.
- b) Stir in the **passata**, **dried oregano**, **red wine stock paste**, **sugar** and **water for the sauce** (see pantry for both amounts).
- c) Bring to the boil, then reduce the heat and simmer until thickened, 3-4 mins.



All Together Now

- a) Once boiled, stir the **cooked pasta** into the **sauce**.
- b) Season with **salt** and **pepper**.
- c) Add a splash of **water** if you feel it needs it.



Serve

- a) Share the **pasta** and **sauce** between your serving bowls.
- b) Sprinkle over the **hard Italian style cheese** to finish.

Enjoy your meal!