



# Rigatoni with roasted eggplants

20'  
Hands on

40'  
Cook Time

4-6  
Portion(s)

1  
Difficulty



## Ingredients

- 1 eggplant
- 400-500 g cherry tomatoes
- 3 clove(s) of garlic
- 8 tablespoon(s) olive oil
- 1 teaspoon(s) salt
- 1 teaspoon(s) pepper
- 50 g pine nuts
- 500 g rigatoni
- mint leaves
- 100 g parmesan cheese, grated
- honey

## Διατροφικός πίνακας

Nutrition information per portion

590 Calories (kcal)	28.0 Total Fat (g)	5.2 Saturated Fat (g)	64.0 Total Carbs (g)
30%	40%	26%	25%
9.7 Sugars (g)	16.0 Protein (g)	6.4 Fibre (g)	1.0 Sodium (g)
11%	32%	26%	17%

## Method

- Preheat oven to 200\* C (390\* F) Fan
- Toss the cherry tomatoes, eggplant, 2 cloves of garlic, 3 tablespoons olive oil, salt and pepper in a large bowl. Spread the vegetables in a baking pan and roast for 40 minutes or until softened.
- While the vegetables are roasting, spread the pine nuts in a small baking pan and toast for 4 minutes. Remove from oven and transfer to a small bowl.
- Fill a pot with salted water. Bring to a boil.
- When it starts to boil, add the pasta. Boil for 11-12 minutes. Reserve some of the pasta water and drain pasta.
- When the vegetables are done, remove from oven. In a blender, add 1 clove of garlic, mint leaves and the remaining olive oil. Blend until all of the ingredients have completely broken down and the mixture thickens slightly. Add half of the vegetables and puree. Add as much honey as you like. The honey takes away any bitter taste the eggplant may have and any sourness the cherry tomatoes may have.
- Transfer pasta to a bowl. Add the sauce mixture and toss. If necessary, add some of the reserved pasta water to loosen the sauce.
- Serve with grated parmesan and the remaining roasted vegetables.

## Tip

If you like a richer flavor, puree all of the vegetables. You can also add extra eggplants or cherry tomatoes to reach your exact preference in taste!