Dinner

Roasted Vegetable Pasta with Ricotta

Aubergine and baby courgettes roast until tender and lightly charred, then get tossed through pasta with creamy ricotta, toasted pine nuts and torn basil.

50 min	432	62.4 g	9.4 g
time	calories	carbs	sugars



Vegetarian | Low sugar

Ingredients, 2 servings

- [ ] 1 small aubergine (approx. 250g) chopped
- [ ] 6 baby courgettes (approx. 400g), halved lengthways
- [ ] 1 clove garlic, sliced
- [ ] 1 chilli, finely chopped (optional)
- [ ] 1 tsp olive oil
- [ ] 1 tbsp balsamic vinegar
- [ ] 150 g dried pasta shapes
- [ ] 1 tbsp pine nuts, toasted
- [ ] 2 tbsp ricotta cheese
- [ ] handful fresh basil, torn

Nutrition Facts

Per serving

Calories	**432**
Total fat	10.8 g
Saturated fat	2.1 g
Sodium	Not listed
Total carbs	62.4 g
Fiber	9.6 g
Total sugars	9.4 g
Protein	16.6 g

Method

- [ ] **1** Heat the oven to 200°C/gas 6.
- [ ] **2** Put the chopped aubergine, the halved baby courgettes, the garlic slices and the chilli, if you are including it, into a dish that can go in the oven. Add the olive oil and balsamic vinegar, turn everything together so it is well coated, and cook for 30-40 minutes, until the vegetables feel tender and have picked up some charring.
- [ ] **3** While the vegetables are roasting, boil the dried pasta shapes the way the pack directs, then drain off the water.
- [ ] **4** Stir the roasted vegetables into the drained pasta along with the pine nuts and the ricotta cheese, tear over the fresh basil and bring it to the table.

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