



Romesco is a sauce made from tomatoes and nuts that originates from Catalonia and was originally made to be served with fish.

Takes: 20 min | Dairy-Free | Equipment Required: Food processor

Cals 768 | Prot 26 | Carbs 119 | Fat 22

Tips For Fussy Eaters

This one's easy to love. Swap the eggplants for beans or chicken!

Pro Tip

Sprinkle the eggplant cubes with salt and allow them to rest for 20 min in a colander before frying - this will remove excess moisture!

Ingredients

For 2 For 3 For 4

Veggies

Eggplant	1	2	2	Piece
Olive oil	1	1	2	Tbsp
Salt	1	1	2	Tsp

Pasta

Spaghetti	250	375	500	Grams
Salt	0.5	1	1	Tsp
Garlic cloves	1	2	2	Piece
Roasted peppers	150	225	300	Grams
Sun dried tomatoes	60	90	120	Grams
Olive oil	4	6	8	Tbsp
Cashew nuts	40	60	80	Grams
White almonds	40	60	80	Grams
Red vinegar	22	30	45	ML
Vegetable stock cube	0.5	1	1	Piece
Chipotle powder	2	2	2	Grams

To serve

Fresh basil	15	15	15	Grams
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1 Roast eggplant

Chop the **eggplant** into small, bite-sized pieces. Heat a pan over a medium high heat with a generous drizzle of **oil**. Once hot, add the **eggplant** and a pinch of **salt**. Fry for 10-12 min until the **eggplant** is golden and cooked through.



2 Cook spaghetti

Meanwhile, bring a large pot of salted water to the boil. Once boiling, add the **spaghetti** and cook for 8-10 min until 'al dente' or cooked to your liking. Drain.



3 Make romesco

Meanwhile, peel and mince the **garlic**. Add the **roasted peppers**, **sun dried tomatoes**, **garlic**, **olive oil**, **cashew nuts**, **almonds**, **red vinegar**, crumbled **stock cube** and a pinch of **chipotle (spicy!)** to a food processor. Blend until smooth (add a splash of water if needed).



4 Serve

Toss the cooked **spaghetti** in the **romesco sauce**. Top with the **eggplant** and **fresh basil** leaves.



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