

Easy Romesco Sauce

with Spaghetti and Eggplant

hellóchef

Romesco is a sauce made from tomatoes and nuts that originates from Catalonia and was originally made to be served with fish.

Cals 768 • Prot 26 • Carbs 119 • Fat 22

Quick & Easy • Vegan

🕒 20 min

R18



Before you start

Please wash your hands and rinse all fresh fruits and vegetables prior to cooking.

Ingredients

Veggies	2 ppl	3 ppl	4 ppl	
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

Allergens

May contain the following items and their products: crustaceans, peanuts, soybeans, cree nuts, sesame seeds, fish, eggs, milk, gluten, celery, mustard, sulphur dioxide and sulphites.



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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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!

Tips For Fussy Eaters

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