



READY TO COOK
BY HARRIS FARM

CREATE THIS MEAL WITH...
DAVE'S RECIPE BOX

SPINACH ORECCHIETTE ALLA NORMA WITH TOMATO, EGGPLANT AND PECORINO



PREP
15 min



COOK
20 min



SERVES
4

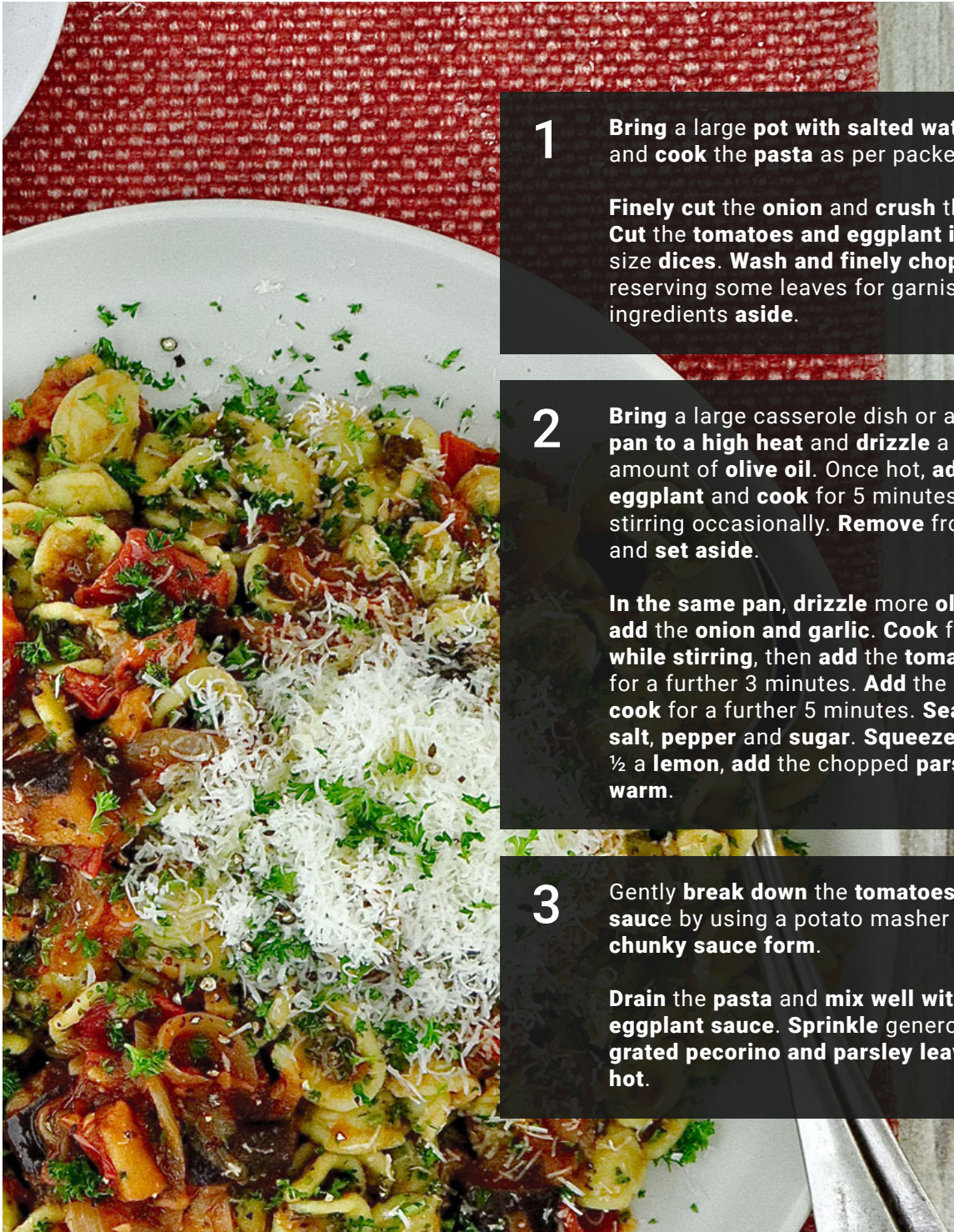
INGREDIENTS:

- > 1 Brown Onion
- > 2 Garlic Gloves
- > 1 200g Medium Eggplant
- > 5 Truss Tomatoes
- > 500g Spinach Orecchiette
- > ½ Curly Parsley Bunch
- > 180g Pecorino Cheese
- > 1 Lemon

WHAT YOU'LL NEED FROM YOUR PANTRY:

- > Olive Oil
- > Salt and Pepper
- > 1 Tsp Sugar

METHOD – GET COOKING!



1 Bring a large pot with salted water to the boil and cook the pasta as per packet instructions.

Finely cut the onion and crush the garlic. Cut the tomatoes and eggplant into medium size dices. Wash and finely chop the parsley reserving some leaves for garnishing. Set all ingredients aside.

2 Bring a large casserole dish or a large frying pan to a high heat and drizzle a generous amount of olive oil. Once hot, add the eggplant and cook for 5 minutes until golden stirring occasionally. Remove from the pan and set aside.

In the same pan, drizzle more olive oil and add the onion and garlic. Cook for 3 minutes while stirring, then add the tomatoes and cook for a further 3 minutes. Add the eggplant and cook for a further 5 minutes. Season with salt, pepper and sugar. Squeeze the juice of ½ a lemon, add the chopped parsley and keep warm.

3 Gently break down the tomatoes and eggplant sauce by using a potato masher until a thick chunky sauce form.

Drain the pasta and mix well with the tomato eggplant sauce. Sprinkle generously with grated pecorino and parsley leaves. Serve hot.

CHEF'S TIPS FOR COOKING AND LEFTOVERS...

- Be generous with the olive oil while cooking the eggplant, they soak a lot of oil and it's meant to be an oily sauce.
- Use leftover pecorino on any other pasta dish, bruschetta, salad or pizzas.

For more recipe ideas, check out our website: <https://www.harrisfarm.com.au/recipes>



FEEDBACK OR QUESTIONS?

Shoot us an email at:
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