

Spaghetti with aubergine

A simple and healthy Mediterranean meal, delicious served on its own or as a side dish.



Serves: 2

Time: 40 minutes.

Ingredients

- 2 tablespoons olive oil
- 1 large onion, chopped
- 1 garlic clove, chopped
- 1 medium aubergine, chopped
- 1 tin chopped tomatoes or passata
- 2 tablespoons tomato puree
- 1 vegetable stock cube (choose low salt if available)
- 180 grams spaghetti

Method

1. Heat the olive oil in a saucepan. Add the chopped onion and garlic and cook over a medium heat for 2-3 minutes, until the onion is soft.
2. Stir in the chopped aubergine, so that it is coated in the oil (you might have to add some extra oil, because the aubergine will soak this up).
3. Then add the chopped tomatoes or passata, puree, and sprinkle in the stock cube, and simmer for 10-15 minutes.
4. Cook the spaghetti following the instructions on the back on the packet.
5. Stir the sauce into the spaghetti and serve.

Nutritional Information

Each serving provides	Amount in grams
Energy	2560 kilojoules/608 kilocalories
Fat	15
Saturates	2.2
Sugar	25.8
Salt	0.14

Typical values per 100g: Energy 232kJ/55 kcal

The nutritional information stated above is based on each serving of Spaghetti with Aubergine and excludes accompaniments.

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