



MEDITERRANEAN NO WASTE PASTA A LA NORMA

INGREDIENTS

2 packs Garden Gourmet Sensational
Filet Pieces Mediterranean Seasoning

400 g spelled or whole wheat spaghetti

1 eggplant

2 cloves of garlic

1 can diced tomatoes (400 g)

2 tbsp capers

2 tsp dried oregano

1 bunch fresh basil

olive oil for frying



4 SERVINGS



30 MIN



EASY

You should try this delicious vegan dish with Garden Gourmet Sensational Filet Pieces Mediterranean Seasoning, eggplant, capers and basil, inspired by the Italian kitchen!

PREPARATION

1. Prepare eggplants and make tomato sauce

Cut the eggplant into about 2 cm cubes, put them in a colander, sprinkle with salt and let them stand for 10 minutes. Meanwhile, fry the garlic in some oil and add the diced tomatoes. Bring to the boil and let it simmer for about 10 minutes until you have a thick sauce.

2. Cook pasta and fry the eggplant

Boil some water and cook the pasta according to the instructions. Meanwhile, rinse the eggplant briefly, pat dry and fry it in some oil until golden brown. Sprinkle them with oregano. Fry the capers and half of the basil (coarsely chopped) along.

3. Fry the Sensational filet pieces

Fry the Garden Gourmet Sensational Filet Pieces Mediterranean Seasoning until golden brown according to the instructions on the package. Drain the pasta water, but collect it for later use.

4. Garnish, serve, and enjoy your No Waste creation!

Spoon the sauce with the Mediterranean filet pieces into the pasta and serve. Garnish with the rest of the fresh basil. You can also add some grated vegan cheese if you would like.

CULINARY TIP

No Waste tip

The leftover pasta water is excellent for watering plants. (as long as no salt or oil is added)

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