

Eggplant, caramelised onion and tomato pasta



Ingredients:

- 1 large eggplant
- olive oil
- 1 onion, peeled and thinly sliced
- 2 cloves garlic, minced
- 1 handful basil leaves, chopped
- 1 handful parsley leaves, chopped
- salt
- 450g penne pasta
- sherry vinegar or similar (red wine vinegar or apple vinegar)
- 2 cups tomato sauce or tin pureed tomatoes
- red pepper flakes

Instructions

1. Preheat the oven to 180-200c. Cut the eggplants into cubes, about 3/4 inch, toss with a little olive oil and spread them out in a single layer on a sheet pan. Roast for 25 minutes or until the eggplant is just browned.
2. Start boiling the water for the pasta. When the water is ready, cook the pasta according to the package directions.
3. While the eggplant and pasta is cooking, heat a large sauté pan with the olive oil and onions over medium heat. Sauté the onions until caramelized. Once they're nice and brown, add the garlic and cook for just a minute, and then add a splash or two of sherry vinegar to the pan. Add the eggplant, tomato sauce, and a pinch of red pepper flakes. Heat the sauce to simmering. Drain the pasta, add it to the tomato sauce pan, and toss gently. Finally, add the basil and half the parsley to the pan.
4. Serve the pasta with a little sprinkle of the chopped parsley.