

Pasta Norma

Serves 4 Calories 530 per serving

- Olive oil
- Aubergine 1 large, diced
- Garlic 4 cloves, finely chopped
- Chilli flakes a large pinch
- Chopped tomatoes x 2 400g tins
- Rigatoni or Penne 400g
- Basil, a small bunch, shredded
- Parmigiano reggiano grated to make 4 tbs

- Heat 1-2 tbsp olive oil in a large non-stick frying pan. Add the aubergine in batches and fry on a fairly high heat until it softens and turns golden (you want it very tender with no hint of bounciness). Season and tip out onto absorbent paper on a plate.
- Wipe out the pan, then add another tbsp oil and cook the garlic for a minute. Add the chilli flakes and tomatoes and season, then simmer for 20 minutes.
- Cook the pasta. Stir the basil and aubergine into the sauce and simmer for 5 minutes. Toss the sauce with the drained pasta and finish with grated cheese and more basil if you like.