

# Pasta alla Norma

Bialik College Kitchen Garden Program



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## Ingredients:

- ☐ 2 large eggplants, diced into small cubes
- ☐ 6 tablespoons olive oil (3 tbsp for roasting and 3 tbsp for pasta sauce)
- ☐ 1 teaspoon salt
- ☐ 3 garlic cloves, peeled and minced
- ☐ 1 brown onion, finely chopped
- ☐ 2 x 400g crushed tomatoes
- ☐ 4 sprigs of fresh oregano or 2 teaspoons dried oregano
- ☐ 1 teaspoon chilli flakes, optional\*
- ☐ 1 handful fresh basil leaves, torn
- ☐ 500g pasta of your choice, long or short
- ☐ Salt and pepper, to taste
- ☐ 45g parmesan or cheddar, finely grated

## Equipment:

- ☐ Metric measuring scales, cups and spoons
- ☐ Chopping board
- ☐ Cook's knife
- ☐ Mixing bowl
- ☐ Baking tray
- ☐ Baking paper
- ☐ Large frypan or skillet
- ☐ Large saucepan
- ☐ Wooden spoon
- ☐ Colander

## Method:

1. Preheat oven to 200C fan. Line a baking tray with baking paper.
2. Placed diced eggplant in a mixing bowl and toss with 3 tablespoons of olive oil, salt and a generous grind of pepper. Mix well, then spread out onto lined baking tray and roast for 20 minutes.
3. When timer goes off, toss with wooden spoon and roast for a further 5 minutes. Remove from the oven and set aside to cool.
4. To prepare the pasta sauce, heat 3 tablespoons of olive oil in a large frypan or skillet. Add the minced garlic and fry for 30 seconds until golden, then add onion and cook for 2 minutes until translucent.
5. Add the crushed tomatoes, oregano sprigs, ½ teaspoon salt, a grind of pepper and chilli flakes, if using. Rinse the tomato tins with a small amount of water and add to sauce. Stir to combine. Reduce the heat to medium low and cook for 10-15 minutes until sauce thickens.
6. Remove oregano sprigs and stir in the roasted eggplant.

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7. Bring a large saucepan of salted water to the boil and add the pasta.  
Cook according to the packet instructions, reserving some pasta water.
8. Cook pasta until 'al dente' then strain with a colander **\*Adult assistance required\***
9. Add cooked pasta and torn basil to the sauce and mix well. Add a little pasta water if the sauce is too thick. Stir to combine and serve with grated cheese as a garnish. Buon Appetito! 😊

This recipe is based on the Pasta alla Norma recipe from "*Ottolenghi SIMPLE*" cookbook by Yotam Ottolenghi with Tara Wigley and Esme Howarth (2018).