byodo
bio vom feinsten

# Mediterranean trottole

Tender eggplants, sweet caramelized onions and aromatic, Mediterranean trottole with eggplants and caramelized onions merge into a light, summery dish full of flavour.

**Zutaten**
4 Portionen

2 Onions, red
EL Mediterranean fried olive
1 EL Sugar, brown
400 g Trottole
1 Eggplant
1 Garlic clove
4 Caper apples
100 g Olives
400 g Tomato passata
50 g Cream cheese
1 EL Byodo Aceto Balsamico di Modena IGP
Byodo organic sea salt
Pepper, black, freshly ground
1 Handful Basil leaves, fresh

**Zubereitung**

Cut the red onions into rings or wedges. Heat half of the frying olive in a pan, add the onions, salt and braise over a low heat for 15 minutes, stirring. Stir in the brown sugar and allow to caramelize.

Remove from the pan and set aside.

Cook the trottole in salted water until al dente according to the packet instructions. Meanwhile, dice the eggplants. Heat the other half of the frying olive in a pan and fry the diced eggplants until golden brown. Chop the garlic clove, chop the caper apples and cut the olives into rings. Add to the pan and fry briefly. Pour in the tomato passata and heat through. Stir in the cream cheese and balsamic vinegar. Season to taste with salt, pepper and sugar if required.

Drain the pasta, add to the sauce and stir. Serve on four plates, sprinkle with caramelized onions and basil leaves.


Our Protein PLUS pasta tastes like pasta should taste. Real pasta enjoyment with 20% protein – thanks to Italian durum wheat semolina, protein-rich wheat protein and high-quality pumpkin seed flour. Perfect for anyone who loves pasta.