

DINNER

Pasta Norma

6 October 2026

TOTAL TIME	SERVES	PER SERVING	CALORIES
45 min	4	\$2.81	780 kcal

The recipe Pasta Norma can be made in roughly 45 minutes. This recipe serves 4. This main course has 1201 calories, 42g of protein, and 26g of fat per serving. For \$2.81 per serving, this recipe covers 33% of your daily requirements of vitamins and minerals.

Ingredients

- ☐ 2 sprigs basil
- ☐ 2 medium eggplants, cut into 1/4 inch dice
- ☐ 1 pound macaroni rigatoni
- ☐ ½ pound ricotta salata, coarsely grated
- ☐ 4 tablespoons virgin olive oil
- ☐ 28 ounce Italian plum tomatoes, squeezed by hand
canned
- ☐ 4 cloves garlic, thinly sliced
- ☐ 1 medium red onion, chopped into 1/4 inch dice
- ☐ 1 sprig thyme

EQUIPMENT Frying pan

Method

- 1

Bring 6 quarts water to boil and add 2 tablespoons salt.
- 2

In a 12 to 14 inch saute pan, heat olive oil until smoking.
- 3

Add onions and garlic and cook until soft yet not browned, about 5 to 6 minutes.
- 4

Add eggplant and cook, stirring regularly until softened and lightly browned, about 8 to 10 minutes.

- 5 Add tomatoes, basil and thyme and bring to a boil. Simmer 15 minutes and season to taste with salt and pepper.
- 6 Boil pasta according to package instructions until al dente.
- 7 Drain well and pour hot pasta into pan with eggplant mixture. Toss to coat and serve immediately, spooning ricotta salata over each portion.

Nutrition per serving

780	27 g	24 g	118 g
KCAL	PROTEIN	FAT	CARBS
Saturated Fat			7.1 g · 45% of daily needs
Fibre			14.9 g · 59% of daily needs
Sugar			21.2 g · 24% of daily needs
Sodium			323 mg · 14% of daily needs
Cholesterol			28.9 mg · 10% of daily needs
Vitamin C			26.9 mg · 33% of daily needs

Adapted from Foodnetwork. Find this recipe, ratings and more ideas at whatsheate.com/pasta-norma-148250