



ITALY

DINNER

[PRINTABLE RECIPE PDF](#)

Italian Pasta alla Norma

Pasta alla Norma is a classic Sicilian dish that celebrates the flavors of eggplant, tomatoes, and ricotta salata. Named after the opera 'Norma' by Vincenzo

PREP

15 min

COOK

25 min

SERVINGS

2

DIFFICULTY

Easy

SHOPPING LIST

Ingredients

- **150 g** pasta - preferably rigatoni or spaghetti
- **1 large** eggplant - cut into 1-inch cubes
- **2 tablespoons** olive oil - extra virgin for best flavor
- **2 cloves** garlic - minced
- **400 g** canned tomatoes - whole or crushed, with juice
- **1 teaspoon** dried oregano - or fresh if available
- **50 g** ricotta salata - grated, for garnish
- **to taste** salt
- **to taste** black pepper
- **few leaves** fresh basil - for garnish

WHY THIS WORKS

About this recipe

A printable Italian Pasta alla Norma recipe PDF with ingredients, cooking times and step-by-step instructions.

MEDITERRANEAN NOTE

Pasta alla Norma is a classic Sicilian dish that celebrates the flavors of eggplant, tomatoes, and ricotta salata. Named after the opera 'Norma' by Vincenzo Bellini, this dish reflects the rich cultural heritage of Sicily, combining

ORIGIN & TRADITION

Mediterranean context

Pasta alla Norma is a classic Sicilian dish that celebrates the flavors of eggplant, tomatoes, and ricotta salata. Named after the opera 'Norma' by Vincenzo Bellini, this dish reflects the rich cultural heritage of Sicily, combining its agricultural bounty with its deep-rooted culinary traditions.

METHOD

Step-by-step instructions

1

In a large pot, bring salted water to a boil and cook the pasta according to package instructions until al dente. Reserve 1/2 cup of pasta cooking water, then drain the pasta.

2

Meanwhile, in a large skillet over medium heat, add the olive oil. Once hot, add the cubed eggplant and sauté for about 5-7 minutes until golden brown and tender. Remove the eggplant and set aside.

3

In the same skillet, add the minced garlic and sauté for about 30 seconds until fragrant. Then add the canned tomatoes along with their juice and dried oregano. Season with salt and pepper. Simmer for about 10 minutes, breaking up the tomatoes with a spoon.

4

Add the cooked eggplant back to the skillet and stir to combine. If the sauce is too thick, add a little reserved pasta water to achieve desired consistency.

5

Toss the cooked pasta into the skillet with the sauce and eggplant, mixing thoroughly. Serve hot, garnished with grated ricotta salata and fresh basil leaves.

CHEF'S TIP

For a richer flavor, try roasting the eggplant in the oven at 200°C (400°F) for 20 minutes instead of frying, which enhances its sweetness.

NUTRITION PER SERVING (EST.)

Calories	540 kcal	Fat	20 g
Protein	15 g	Fiber	7 g
Carbohydrates	70 g	Sodium	400 mg

SERVING SUGGESTION

Traditionally served with a sprinkle of extra grated ricotta salata on top and a drizzle of good quality extra virgin olive oil. Pair with a light Sicilian white wine.

PRINTABLE MEDITERRANEAN RECIPE PDF**medtableai.com**