

Virgin Vegetarian



Easy Cheesy Pasta Bake

This is a meal full of connotations of winter and comfort. The whole family loves this and we find it really goes down well on a cold winter's evening. And using the roast vegetable tray-bake leftovers gives it that extra bit of 'je ne sais quoi'.

Preparation time	Cooking time	Diet
Less than 30 mins	10-40 minutes	Vegetarian
Preheat oven	Grease and line	Portions
220°C/gas mark 7	A deep, 32x28cm/13x11in tin with baking paper	Serves 12

Ingredients

800g/28oz wholemeal penne pasta
 2 tbsp vegetable oil
 4 medium onions, finely chopped
 2 garlic cloves, finely crushed
 2 tsp sweet smoked paprika
 500g left over roast vegetable mix (see previous recipe)
 800g tin chopped tomatoes
 1 tsp dried oregano
 200g/7oz ricotta
 150g/5½oz baby spinach
 1 handful of basil leaves, roughly chopped
 250g/7oz light mozzarella, finely chopped
 125g/ 4 ½ oz grated Emmental cheese
 30g/1oz Parmesan, finely grated
 sea salt and freshly ground black pepper
 mixed salad leaves, to serve

Method

Step 1

Boil a kettle. Preheat the oven.

Step 2

Get a large saucepan and put the boiled water in, including the salt. Start to boil on the stove. Add the pasta, stir and cook according to the packet instructions. Cook until “al dente” as we will be putting the pasta into the oven later with a wet mix of vegetables and so we do not want the pasta to come out mushy.

Drain the pasta in a colander. Rinse and cool with cold water. Set aside for later.

Step 3

Chop the onions and crush the garlic into two separate dishes.

Step 4

Put a saucepan onto the hot stove and add vegetable oil. Add the chopped onions and sauté for 4/5 minutes until softened and golden. Add the crushed garlic. Stir in the paprika and cook for another minute.

Step 5

Add the chopped tomatoes, roast vegetables and oregano. Simmer and cook, stirring occasionally for 5-10 minutes.

Step 6

Mix the ricotta and chopped sage together with seasoning in a separate bowl.

Step 7

Stir into the vegetable sauce the spinach and basil. Add seasoning. Add to the pasta and stir until all evenly coated. Transfer into a large baking tray spreading it evenly.

Step 8

Scatter evenly over the tray bake the grated Emmental, grated parmesan and mozzarella. Scatter the ricotta mixture evenly over the top as well.

Step 9

Bake in the oven for 20-25 minutes on a high shelf. Serve with a side a dish of tossed salad.

Tips

This dish can be frozen for up to four months. Make sure the dish has totally cooled down before placing the servings needed into your freezer containers.

When reheating, ensure the dish has fully defrosted. Put the pasta bake into an oven proof container without a lid and then place in a pre-heated oven to 220C/200C Fan/Gas 7 for 20–25 minutes. If the surface of the pasta is browning too quickly you can cover it with a sheet of loose foil.