



# WCOOK

## Garlic, Spinach & Mushroom Pasta Bake

with rigatoni pasta

**Hands-on Time:** 30 minutes

**Overall Time:** 45 minutes

**Veggie:** Serves 1 & 2

**Chef:** Jenna Peoples

**Wine Pairing:** Waterford Estate | Waterford Pecan Stream  
Chenin Blanc

### Nutritional Info

	Per 100g	Per Portion
Energy	626kJ	2851kJ
Energy	150kcal	681kcal
Protein	7.2g	32.8g
Carbs	23g	106g
of which sugars	4.2g	19.3g
Fibre	2.3g	10.6g
Fat	4.1g	18.6g
of which saturated	1.6g	7.1g
Sodium	167mg	759mg

**Allergens:** Cow's Milk, Egg, Gluten, Allium, Wheat, Sulphites

**Spice Level:** None

Eat Within 3 Days

## Ingredients & Prep Actions:

Serves 1		[Serves 2]
100g	200g	Rigatoni Pasta
125g	250g	Button Mushrooms <i>wipe clean &amp; roughly slice</i>
1	2	Garlic Clove/s <i>peel &amp; grate</i>
3g	5g	Fresh Thyme <i>rinse &amp; pick</i>
30g	60g	Sun-dried Tomatoes <i>roughly chop</i>
50g	100g	Spinach <i>rinse</i>
15ml	30ml	Cake Flour
100ml	200ml	Full Cream UHT Milk
20g	40g	Grated Mozzarella & Cheddar Cheese
50ml	100ml	Cheesy Panko <i>(25ml [50ml] Grated Italian-style Hard Cheese &amp; 25ml [50ml] Panko Breadcrumbs)</i>

## From Your Kitchen

Oil (cooking, olive or coconut)  
Seasoning (salt & pepper)  
Water  
Butter  
Paper Towel

**1. AL DENTE PASTA** Preheat the oven to 200°C. Bring a pot of salted water to a boil for the pasta. Cook the pasta until very al dente, 10-15 minutes. Note that the pasta will finish cooking when baked in the oven. Drain, reserving some of the pasta water, and toss through a drizzle of olive oil.

**2. FRY THE VEGGIES** Place a pan over medium heat with a drizzle of oil; use the oil from the sun-dried tomatoes if you prefer. When hot, fry the mushrooms until golden, 4-5 minutes (shifting occasionally). In the final 2 minutes, add the garlic and the thyme. Mix through the sun-dried tomatoes and the spinach. Place a lid on and continue cooking until the spinach is slightly wilted, 1-2 minutes. Remove from the pan and season.

**3. CHEESY SAUCE** Return the pan to medium heat. Add 20g [40g] of butter. Once melted, vigorously whisk in the flour to form a roux. Cook out, 1-2 minutes (stirring constantly). Slowly whisk in the milk until the sauce thickens slightly. Loosen with 100ml [200ml] of the reserved pasta water and add the mixed cheese.

**4. MIX & BAKE** In an oven-proof dish, mix together the pasta, the béchamel, the sautéed mushroom mix and seasoning. Top with the cheesy panko crumbs. Roast in the hot oven until the golden and crispy, 6-10 minutes.

**5. DELISH!** Grab a plate and a generous helping of the cheesy pasta bake. Dinner is ready, Chef!