



WCOOK

Garlic, Spinach & Mushroom Pasta Bake

with rigatoni pasta

Hands-on Time: 45 minutes

Overall Time: 60 minutes

Veggie: Serves 3 & 4

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 3	[Serves 4]	
300g	400g	Rigatoni Pasta
375g	500g	Button Mushrooms <i>wipe clean & roughly slice</i>
3	4	Garlic Cloves <i>peel & grate</i>
8g	10g	Fresh Thyme <i>rinse & pick</i>
90g	120g	Sun-dried Tomatoes <i>roughly chop</i>
150g	200g	Spinach <i>rinse</i>
45ml	60ml	Cake Flour
300ml	400ml	Full Cream UHT Milk
60g	80g	Grated Mozzarella & Cheddar Cheese
150ml	200ml	Cheesy Panko <i>(75ml [100ml] Grated Italian-style Hard Cheese & 75ml [100ml] 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, 5-6 minutes (shifting occasionally). In the final 2-3 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 60g [80g] 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 300ml [400ml] 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, 8-12 minutes.

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