

Mushroom, Spinach & Pea Pasta Bake

Bialik College Kitchen Garden Program



Ingredients:

- 500g pasta (penne or rigatoni)
- 1 tablespoon of olive oil
- 1 quantity of Tomato & Garlic sauce (see recipe card)
- 250g button mushrooms, sliced
- baby spinach leaves, washed & stems discarded into compost
- 1 cup of frozen peas, cooked
- 1 cup of cheddar cheese, grated

Equipment:

- chopping board
- cook's knife
- metric measuring scales/cups
- Large saucepan
- Medium saucepan
- Frying pan
- Salad spinner
- Grater
- Colander

Method:

1. Preheat oven to 180C.
2. Prepare all ingredients as stated in the ingredients list above.
3. Fill a large saucepan with water and a pinch of salt and heat.
4. When the water begins to boil, place pasta into saucepan and cook according to packet instructions.
5. Place olive oil in a frying pan and cook mushroom for 5 minutes.
6. When pasta is cooked to 'al dente', strain in colander and place back into the large saucepan.
7. Add enough Tomato and Garlic sauce to coat pasta. Add spinach, mushrooms and peas. Stir to combine.
8. Pour pasta mixture into a large baking tray and sprinkle grated cheddar cheese over the top.
9. Place into oven and bake for 30 minutes, or until golden brown on top.
10. Allow to cool for 5 minutes before serving.