



Italian Pasta Bake

with Cheddar Crumbs and Rocket Salad



20-30min



2 Portions

Creamy tomato sauce? Tick. Crunchy breadcrumb topping? Tick. Baked vegetables, fragrant herbs and deliciously gooey cheddar? Tick, tick and tick. Hello, winning family meal.

What we send

- onion
- mature cheddar cheese ⁷
- Italian herbs ¹⁷
- macaroni ¹
- capsicum
- cherry tomatoes
- pouring cream ⁷
- panko breadcrumbs ¹
- rocket leaves
- garlic

What you'll require

- balsamic vinegar ¹⁷
- extra virgin olive oil
- mustard ¹⁰
- olive oil
- sea salt and pepper
- sugar

Utensils

- 1.5L (6 cup) baking dish
- large saucepan
- medium frypan

Our vegies come fresh from the farm, so please wash them before use.

Allergens

Gluten (1), Milk (7), Mustard (10), Sulphites (17). May contain traces of other allergens.

Nutrition per serving

Energy 990kcal, Fat 52.6g, Carbs 97.2g, Proteins 27.3g



1. Prepare ingredients

Bring a large saucepan of salted water to the boil for the pasta. Preheat the oven to 200C. Finely chop the **onion** and **garlic**. Cut the **capsicum** into 2cm chunks, discarding the seeds and membrane. Coarsely grate the **cheddar**.



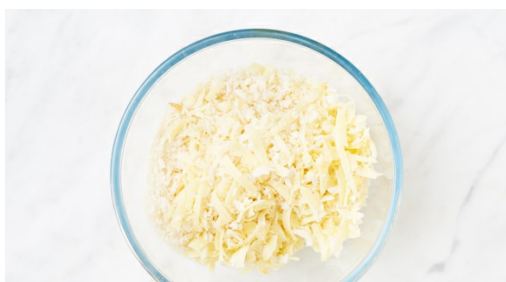
2. Cook pasta

Cook the **macaroni pasta** in the pan of boiling water for 8 mins or until almost al dente. Drain well, then return to the pan and set aside.



3. Make sauce

Meanwhile, heat **1 tbs olive oil** in a medium frypan over medium heat. Cook **onion**, **capsicum** and **garlic**, stirring, for 6-8 mins until softened. Stir in **tomatoes**, **1 tsp dried Italian herbs** and **150ml cream** (remaining herbs and cream won't be used in this dish) and bring to a simmer. Season with **salt and pepper** and remove from the heat. Stir in **2/3 of the cheese**.



4. Make breadcrumb topping

Put the **breadcrumbs** and **remaining cheese** in a bowl and stir to combine.



5. Assemble bake

Transfer the **pasta** and **sauce** to a 1.5L (6 cup) baking dish and stir well to combine. Scatter over the **breadcrumb mixture** and bake for 15 mins or until the filling is bubbling and the topping is golden.



6. Get ready to serve

Meanwhile, combine **1 tbs extra virgin olive oil**, **2 tsp balsamic vinegar**, **1/2 tsp mustard** and a **pinch of sugar** in a large bowl and season with **salt and pepper**. Add the **rocket** and toss well to combine. Divide the **pasta bake** among bowls and serve with the **rocket salad**.