



## Italian Pasta Bake

with Cheddar Crumbs and Rocket Salad



20-30min



4 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
- capsicum
- macaroni <sup>1</sup>
- panko breadcrumbs <sup>1</sup>
- dried Italian herbs <sup>17</sup>
- mature cheddar cheese <sup>7</sup>
- cherry tomatoes
- cooking cream <sup>7</sup>
- rocket leaves
- garlic

## What you'll require

- balsamic vinegar <sup>17</sup>
- extra virgin olive oil
- mustard <sup>10</sup>
- olive oil
- sea salt and pepper
- sugar

## Utensils

- large frypan
- large saucepan

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 1030kcal, Fat 56.6g, Carbs 95.1g, Proteins 29.7g



### 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 **capsicums** into 2cm chunks, discarding the seeds and membrane. Coarsely grate the **cheddar**.



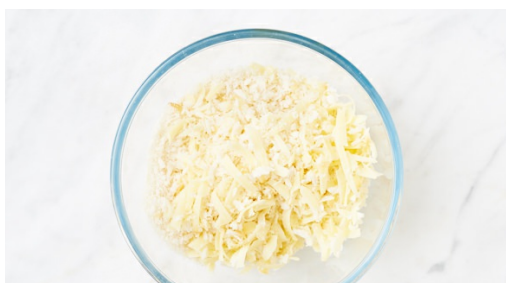
### 2. Cook pasta

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 **2 tbs olive oil** in a large frypan over medium heat. Cook **onion, capsicum** and **garlic**, stirring, for 6-8 mins until softened. Stir in **tomatoes, 1 tsp dried Italian herbs** (the remaining herbs won't be used in this dish) and the **cream** 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 2.5L (10 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 **2 tbs extra virgin olive oil, 1 tbs balsamic vinegar, 1 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**.