



Two Cheese Vegetable Pasta Bake with Mushroom, Pepper and Charred Courgette

Classic 40-45 Minutes • 5 of your 5 a day

19



Bell Pepper



Closed Cup Mushroom



Penne Pasta



Courgette



Garlic Clove



Onion



Finely Chopped Tomatoes



Vegetable Stock Paste



Tomato Puree



Italian Style Herbs



Mature Cheddar Cheese



Mozzarella



Diced Chorizo

Pantry Items

Oil, Salt, Pepper, Sugar

CUSTOM RECIPE

This is a Custom recipe. If you chose to swap, upgrade or double up on protein, then just follow the instructions on the back of this card.

Happy cooking!

Before you start

Our fruit and veg need a little wash before you use them! Wash your hands before and after prep.

Cooking tools

Baking tray, saucepan, colander, garlic press, frying pan, bowl and ovenproof dish.

Ingredients

Ingredients	2P	3P	4P
Bell Pepper***	1	2	2
Closed Cup Mushrooms**	150g	225g	300g
Penne Pasta 13	180g	270g	360g
Courgette**	1	1	2
Garlic Clove**	2	3	4
Onion**	1	1	1
Finely Chopped Tomatoes	1 carton	1½ cartons	2 cartons
Vegetable Stock Paste 10	10g	15g	20g
Tomato Puree	1 sachet	1½ sachets	2 sachets
Italian Style Herbs	1 sachet	1 sachet	2 sachets
Mature Cheddar Cheese** 7	30g	40g	60g
Mozzarella** 7	1 balls	2 balls	2 balls
Diced Chorizo**	90g	120g	180g

Pantry	2P	3P	4P
Sugar for the Sauce*	½ tsp	½ tsp	1 tsp
Water for the Sauce*	75ml	100ml	150ml

*Not Included **Store in the Fridge ***Based on season, the colour of your bell pepper will either be yellow, red or orange to guarantee you get the best quality pepper.

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	780g	100g
Energy (kJ/kcal)	3182/761	408/98
Fat (g)	23.0	3.0
Sat. Fat (g)	13.8	1.8
Carbohydrate (g)	95.5	12.2
Sugars (g)	31.7	4.1
Protein (g)	38.2	4.9
Salt (g)	3.27	0.42

Custom Recipe	Per serving	Per 100g
for uncooked ingredient	775g	100g
Energy (kJ/kcal)	3603/861	465/111
Fat (g)	32.9	4.2
Sat. Fat (g)	15.9	2.1
Carbohydrate (g)	94.0	12.1
Sugars (g)	26.3	3.4
Protein (g)	45.5	5.9
Salt (g)	4.54	0.59


Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk **10)** Celery **13)** Cereals containing gluten

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites. Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

Packed in the UK
The Fresh Farm
60 Worship St, London EC2A 2EZ

 You can recycle me!



Roast the Veg

Preheat your oven to 220°C/200°C fan/gas mark 7.

Halve the **pepper** and discard the core and seeds. Chop into 2cm chunks.

Thinly slice the **mushrooms**.



Pasta Time

Meanwhile, bring a large saucepan of **water** to the boil with **½ tsp salt**.

When boiling, add the **penne** to the **water** and bring back to the boil. Cook until tender, 12 mins.

Once cooked, drain in a colander and pop back into the pan. Drizzle with **oil** and stir through to stop it sticking together.



Char the Courgette

While the **pasta** cooks, trim the **courgette**, then quarter lengthways. Chop into 2cm chunks.

Peel and grate the **garlic** (or use a garlic press). Halve, peel and chop the **onion** into small pieces.

Heat a large frying pan on high heat (no oil). Once hot, add the **courgette** and cook until charred, 6-8 mins total. Turn only every couple of mins - this will result in the **courgette** picking up some nice colour.

Once cooked, season with **salt** and **pepper**, then transfer to a bowl.



Make your Tomato Sauce

Return the (now empty) frying pan to medium heat with a drizzle of **oil**. Once hot, add the **onion** and **pepper** and stir-fry until softened, 4-5 mins.

Add the **mushrooms** and fry until starting to brown, 5-6 mins.

Add the **garlic** and stir-fry for 30 secs, then stir in the **chopped tomatoes, veg stock paste, tomato puree, Italian style herbs, sugar** and **water for the sauce** (see pantry for both amounts).

CUSTOM RECIPE

If you've chosen to add **chorizo** to your meal, heat the frying pan without any **oil**. Once hot, add the **chorizo** with the **onion** and fry for the same amount of time. Then add the **garlic** and continue as instructed.



Ready, Steady, Bake

Bring to the boil, then lower the heat and simmer, stirring occasionally, until thickened, 7-8 mins.

While the **sauce** simmers, grate the **Cheddar**. Drain the **mozzarella** and tear into small pieces.

Once everything is ready, stir the **charred courgette** and **cooked penne** into the **sauce**. Taste and season with **salt** and **pepper** if needed.

Transfer to an ovenproof dish and scatter evenly with the **mozzarella** and **Cheddar**.

Bake on the top shelf of your oven until the **cheese** is bubbling and golden brown, 10-15 mins.



Serve

Once the **pasta bake** is ready, spoon into your serving bowls and tuck in.

Enjoy!