

## VEGETABLE PASTA BAKE



### SHOPPING LIST:

- 2 tins of chopped tomatoes
- 100ml of water
- 1 onion
- 1 carrot
- 2 sticks of celery
- 250g of broccoli (or any vegetable of your choice)
- 300g pasta
- 2 cloves of garlic
- 1tsp basil
- 1tsp oregano
- 100g cheese

**COSTING:** \*40p per main

### NUTRITIONAL INFORMATION:

Calories: 454kcal |  
Carbohydrates: 62.7g |  
Protein: 17.7g | Fat: 10g |  
Saturated Fat: 5.7g | Salt:  
0.6g | Fibre: 7.3g | Sugar:  
5.9g

This vegetable bake is a simple but tasty way to get more vegetables into your diet. The selection of vegetables are loaded with vitamins and fibre, as well as counting towards you 5 a day. The wholegrain wrap a source of carbohydrate and fibre, while cheese provides calcium, protein, as well as vitamin A and a range of B vitamins.

Preparation time:

15 mins

Cook time:

1 hour

Servings:

4 mains/6 sides

### DIRECTIONS:



**1.** Gather and wash all your ingredients and pre heat oven to 180°



**2.** Place both tins of tomatoes and the water in a saucepan



**3.** Peel and chop the carrot, onion, celery and garlic and add to saucepan.



**4.** Simmer for 30 minutes on medium heat and then blend



**5.** Boil the pasta and broccoli for 10 minutes



**6.** Mix the basil and oregano into the sauce



**7.** Mix in the broccoli and pasta



**8.** Place into oven tray and cover with cheese



**9.** Bake at 180° for 20 minutes or until the cheese is golden

\*Average supermarket pricing as of March 2021

