



BAKED PASTA WITH SUNDRIED TOMATOES, SPINACH & MOZZARELLA

🕒 10 minutes

🕒 40 minutes

🍴 2 portions

INGREDIENTS

- 1 gram of olive oil spray
- 220 grams of pasta, whole-wheat, cooked
- 150 grams of mushrooms, white, sliced
- 1/2 leek, trimmed and thinly sliced
- 1 clove of garlic, crushed (3 g)
- 1 cup passata (250g)
- 20 grams of sun-dried tomatoes, thinly sliced
- 50 grams of baby spinach
- 25 grams of reduced fat mozzarella, grated

COOKING METHOD

- 1° Preheat oven to 180 C and lightly spray a 1 litre capacity ovenproof dish with oil. Cook pasta in a large saucepan of boiling water following packet directions. drain
- 2° Meanwhile, spray large frying pan with oil and heat over medium high heat. Cook mushrooms and leek, stirring occasionally for 5 minutes or until soft and lightly golden. Add garlic and cook for 30 seconds, until fragrant.
- 3° Add passata, simmer for 2 minutes, then add pasta, sun-dried tomatoes and spinach. Stir until spinach has just wilted. Spoon mixture into prepped dish and sprinkle mozzarella over.
- 4° Bake for 15 minutes or until cheese is golden and bubbling. Divide between plates.

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (382 g)	% DRI
ENERGY	80 kcal	304 kcal	15 %
FAT	1 g	5 g	8 %
FATTY ACIDS, TOTAL SATURATED	0 g	2 g	9 %
CHOLESTEROL	1 mg	2 mg	1 %
SODIUM	133 mg	508 mg	21 %
CARBOHYDRATE	14 g	55 g	18 %
SUGARS	1 g	3 g	—
FIBER	2 g	7 g	27 %
PROTEIN	4 g	16 g	—