



Pasta Bake with Vegetables

Equipment: <ol style="list-style-type: none">1. Knife2. Large Saucepans3. Colander4. Cheese Grater5. Oven Proof Dish6. Frypan7. Chopping Board8. Measuring Spoons	Ingredients: <ul style="list-style-type: none">• 350g x Penne Pasta• 1 x Broccoli head, chopped• 1 x 250g tin Tomatoes, chopped• 1 x bunch of Silverbeet/Spinach, chopped• 200g Vegan Soya Cheese, grated• 2 x Spring Onions, chopped• ¼ cup Basil, chopped• Pinch of Salt• 1 Tsp Olive Oil
---	--

What to do:

- 1. Pre-heat oven to 180 degrees C.**
- 2. Bring a large saucepan of water to the boil over a high heat and add a pinch of salt. Drop in your pasta. It should only take 5 minutes to cook.**
- 3. Chop up all Broccoli, Silverbeet and Spinach. Set aside.**
- 4. Finely chop Basil and Spring onions.**
- 5. Grate cheese. Set aside.**
- 6. Place a tsp oil in frypan chop Broccoli, Silverbeet/Spinach and Spring onions into frypan, stir until all ingredients are cooked.**
- 7. Stir in chopped up tomatoes and basil, give everything a mix.**
- 8. When pasta is boiled, ask the grown up to drain the pasta in the colander.**
- 9. Once the pasta has cooled, spoon mixture into oven proof dish, sprinkle grated cheese on top and place in the oven for 20-25mins.**