## **Four Cheese and Tomato**

Pasta Bake

Because a comforting cheesy pasta bake is always a great idea!

# hellóchef

Cals 1181 • Prot 61 • Carbs 143 • Fat 43

Vegetarian

hellochef.com • 04-383-93-99 • hello@hellochef.com



#### Before you start

Please wash your hands and rinse all fresh fruits and vegetables prior to cooking.

#### Ingredients

ingredients				
Fusilli pasta 10*	250	375	500	Grams
Red onion	1	1	2	Piece
Cherry tomatoes	250	300	500	Grams
Sun dried tomatoes	60	90	120	Grams
Water	100	150	200	ML
Vegetable stock cube 15*	1	1	2	Piece
Tomato paste	30	50	70	Grams
Parmesan 4*	60	90	120	Grams
Olive oil	1	1	2	Tbsp
Garlic paste	10	15	20	Grams
Dried oregano	2	2	2	Grams
Chopped tomatoes	400	400	800	Grams
Balsamic vinegar 14*	15	22	30	ML
Honey	15	15	15	Grams
Cream cheese 4*	80	120	160	Grams
Grated mozzarella 4*	100	150	200	Grams
Grated orange cheddar 4*	60	90	120	Grams
Fresh basil	15	15	15	Grams

### **Allergens**

\*10 Wheat, \*15 Celery, \*4 Milk, \*14 Sulphur Dioxide

Due to production methods, we cannot guarantee our products are completely free from any allergen such as Peanuts, Tree Nuts, Sesame Seeds, Milk, Eggs, Fish, Crustaceans, Molluscs, Soya, Wheat, Gluten, Lupin, Mustard, Sulphur Dioxide and Celery.

#### Nutritional information Per Serving\*

	Energy (kJ/kcal)	4939 / 1181
	Fat (g)	42.5
	of which saturates (g)	28.2
	Carbohydrate (g)	143
	of which sugars (g)	34.6
	Fiber (g)	18.7
	Protein (g)	61.1
	Salt (g)	5

\*Nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.



#### 1 Boil pasta

Preheat the oven to 200°C/180°C fan. Add the **fusilli pasta** to a large pot of salted boiling **water**. Boil for 8–10 min until "al dente". Drain.



#### 2 Prep veg

Meanwhile, peel and finely dice the red onion. Slice the cherry tomatoes in half. Finely chop the sun dried tomatoes. Boil the measured water and dissolve the vegetable stock cube and tomato paste in it. Grate the Parmesan.



#### 3 Make sauce

Heat a large non-stick pan over a medium-low heat with a drizzle of olive oil. Once hot, add the onion and cook for 5 min until soft. Add the garlic paste and dried oregano and cook for 1 min. Add the cherry tomatoes, sun dried tomatoes, chopped tomatoes, balsamic vinegar, honey and tomato and vegetable stock and simmer for 6-7 min until thickened.



#### 4 Add pasta

Add the drained **fusilli** and **cream cheese** to the thickened sauce and give everything a good mix up.



#### 5 Layer bake

Pour half of the **tomato** and **fusilli** mixture into a large baking dish. Top with the **grated mozzarella cheese**. Pour the remaining **tomato** and **fusilli** mixture over the **mozzarella** layer.



#### 6 Bake

Finally, top with the **grated Parmesan** and **grated cheddar**. Bake in the oven for 15-20 min until golden and bubbling on top. Garnish with the **basil** leaves just before serving.