

Pasta Bake



Serves 4

Ingredients

1 brown onion, sliced
4 garlic cloves, chopped
1 Tbsp olive oil
1 can tinned tomatoes
500g pasta shells
1 ½ cups pumpkin, roasted
1 cup ricotta cheese
Cheddar cheese, grated, to serve
Breadcrumbs, to serve
Salt and pepper, to season



Method

1. Preheat the oven to 180° degrees.
2. Peel garlic cloves and onion and finely dice. Set aside.
3. Heat olive oil in a large fry pan over medium- high heat.
4. Add onion and garlic to the pan and cook, stirring, for 1-2 minutes until the onion is soft and turns clear.
5. Add canned tomatoes and cook, stirring for 1-2 minutes. Season with salt and pepper to taste. Simmer for 5-10 minutes until sauce begins to thicken.
6. Meanwhile, cook pasta according to packet instructions. Drain pasta using a colander or sieve.
7. Stir cooked pasta through the tomato sauce. Add roasted pumpkin, ricotta cheese and mix together.
8. Place the mixture into a deep baking dish. Sprinkle with desired amount of cheese. Top with a sprinkle of breadcrumbs. Season lightly with a pinch of salt
9. Bake for 25 minutes or until the cheese is melted and golden brown.
10. Divide pasta bake into 4 portions and serve.

Feeding Kids Tips

Serve a small amount of a new food to start with. If your child doesn't like it, not much is wasted, and the rest can go in the fridge to try again tomorrow.