

# Vegetable Pasta Bake

Serves: 4



## Equipment:



Saucepan,  
chopping board,  
wooden spoon,  
knife,  
baking dish,  
tablespoon,  
teaspoon,  
colander

## Ingredients:

- 200g brown pasta
- 1 tbsp. olive oil
- 2 onions, chopped
- 1 garlic clove, crushed
- 1 tsp. dried oregano (or fresh)
- 1 tsp. dried basil (or fresh)
- 4 tomatoes, chopped
- 4 courgettes, sliced
- 200g green beans (fresh, frozen or canned)
- 125ml reduced-salt vegetable or chicken stock
- 25g reduced-fat hard cheese, grated
- 1 pinch ground black pepper



## Method:



1. Preheat the oven to 180°C/160°C fan/Gas mark 4.
2. Cook the pasta according to pack instructions, then drain. Meanwhile, heat the oil in a large saucepan, then cook the onion and garlic slowly until tender and golden.
3. Stir in the herbs, tomatoes, courgettes, beans and stock. Simmer for 5 minutes.
4. Combine the pasta and vegetables, and season with black pepper. Transfer to a baking dish and sprinkle the cheese on top. Bake for 30 to 35 minutes.