

MUSHROOM PASTA BAKE

A high-protein, low-calorie creamy Mushroom Pasta Bake made with chopped chestnut mushrooms for a nutty flavour, or you can use small button mushrooms if you prefer them whole..

Serves 2

Per serving: 280 Calories, 5g fat

Protein: 16g

Carbohydrate: 40g

Fibre: 9g

Prep time: 20 mins

Cook Time: 10 mins

INGREDIENTS

70g dry high-protein pasta (penne, fusilli or similar)

1 vegetable stock cube

250-300g chestnut mushrooms, sliced

1 medium red onion, finely sliced

1 garlic clove, crushed

½ red chilli, finely sliced

1 tbsp chopped fresh basil

250g tomato passata

150g 0% fat live Greek yogurt

15g reduced-fat mature cheddar, finely grated

freshly ground black pepper

Fresh basil to garnish

METHOD

1. Preheat the oven to 200°C, 400°F, Gas Mark 6.
2. Cook the pasta in boiling water with the vegetable stock cube. Cook it for about 1-2 minutes less than the packet instructions, as it will continue cooking in the oven. Drain, reserving a little of the pasta water.
3. Heat a large non-stick frying pan and dry-fry the mushrooms and onion for 5-6 minutes until softened and beginning to brown. Add the garlic and chilli and cook for another minute.
4. Add the passata and basil. Season generously with black pepper and simmer for 3-4 minutes.
5. Stir the drained pasta into the tomato and mushroom mixture. Add a splash of the reserved pasta water if it seems too thick.
6. Take the pan completely off the heat. Allow it to cool for a minute, then stir in the Greek yogurt. This gives you a creamy sauce without needing cream, butter or a large amount of cheese. Don't boil the yogurt or it can split.
7. Transfer everything to an ovenproof dish.
8. Sprinkle the 15g reduced-fat mature cheddar evenly over the top. Because you're using mature cheese, a small amount gives much more flavour than a larger quantity of mild cheese.
9. Bake for 10 minutes, until bubbling and lightly golden.
10. Finish with fresh basil and plenty of freshly ground black pepper.

