

Rigatoni with bolognaise bake

Serves 10

Ingredients	
400g lean minced beef, turkey or lamb	1 tsp (5g) mixed herbs
2 large (300g) onion, peeled and finely chopped	Pinch black pepper
2 (12g) cloves garlic	500g, uncooked rigatoni pasta
3 (300g) carrots, peeled, grated	50g grated cheddar cheese
200g mushrooms, washed and chopped	50g plain flour
2 x 400g cans chopped tomato	50g unsalted butter / extra for lining oven dish
1 tbs (15g) tomato puree	380 ml full fat milk

- **METHOD:**
- Preheat the oven to 190 C / 375 F / gas mark 5
- To make the béchamel sauce, heat milk in small saucepan over low heat, in another medium pan, melt the butter over med/low heat. When butter foams, add flour and stir 2-3 minute without letting flour turn brown.
- Add milk to butter all at once and whisk quickly, adding the black pepper. Continue to cook, mixing constantly, until sauce has medium - thick consistency and is smooth and velvety, 3-5 minutes (If too thick add bit more milk/ if too thin a add teaspoon or two flour). Place into a separate container to cool.
- To make the bolognaise, place the minced meat into a large cold saucepan. Put onto the heat, stirring constantly. When the meat has all changed colour, add the onion, garlic and grated carrot .Cook for a few minutes until the onion softens. Now add the mushrooms and chopped tomatoes.
- Mix the tomato puree with a cup of warm water and add to the bolognaise, add the mixed herbs. Bring to the boil, then reduce the heat to simmering point and simmer for approximately 20- 25mins. If required you may need to use a little more tomato puree for thickening.
- Cook the rigatoni as per packet instructions with the exception of removing from the water about 2-3 minutes before cooked – when tender but still semi firm.
- Combine the pasta with the bolognaise, half the béchamel, and all the cheddar cheese. Mix together well then place in a large lightly buttered baking dish, pour over the rest of the béchamel sauce and top. Bake for 15-20 until piping hot and golden.
 - ✓ COOKS TIP – FOR PUREE DIETS, MAKE EXTRA VEGETABLES AND MAKE A CARROT, TOMATO AND MUSHROOM PUREE
 - ✓ FOR WHEAT FREE DIETS, USE WHEAT FREE PASTA, WHEAT FREE FLOUR
 - ✓ FOR DAIRY FREE DIETS, OMIT MILK CHEESE AND BUTTER, USE DAIRY FREE ALTERNATIVES
 - ✓ FOR VEGETARIAN DIETS, USE QUORN/VEGETARIAN MINCE



Nutrition analysis per serving							
Energy (kcal)	Protein (g)	Fat (g)	Carbohydrate (g)	Sugar (g)	Salt (g)	Iron (mg)	Calcium (mg)
365	19	12.1	48	88	0.4	.7	138