

# Save Our Stomachs

## CHUNKY CHILLI PASTA BAKE



Try this take on a pasta bake, it is sure to leave you wanting more. It's a really satisfying dish that requires little preparation and is a taste sensation. Use Quality Standard beef mince and if you want to make the dish go even further and give it an extra twist, why not try adding some mixed peppers.

This recipe serves 4 and takes 15-20 minutes to prepare and 30-40 minutes to cook.

### **Cooking equipment you will need:**

- A sharp knife
- A shallow non-stick frying pan
- A chopping board
- A metal colander
- A wooden spoon
- An ovenproof dish
- A metal colander or sieve

### **Ingredients you will need:**

- 450g Quality Standard beef mince
- 1 onion
- 2 celery sticks
- Pinch dried chilli flakes
- 200g dried pasta shapes, e.g. penne, fusilli or eliche
- 150g mushrooms
- 2 large sprigs fresh thyme leaves
- a splash of red wine or water
- Salt and freshly milled black pepper
- 500ml good, hot prepared beef gravy (fresh or made from a packet)
- 50g grated Mozzarella cheese
- 25g grated Parmesan cheese
- A small handful fresh parsley, to garnish

**To prepare your ingredients:**

Peel and thinly slice the onion  
Finley chop the celery sticks  
Clean and slice the mushrooms  
Finely chop the herbs

**Method:**

Preheat the oven to Gas mark 5, 190°C/375°F.

Heat a large shallow non-stick frying pan until hot and cook the mince, onion, celery and chilli for 5-7 minutes until brown.

Meanwhile, cook the pasta according to the packet instructions, drain and set aside.

Add the mushrooms, thyme, Madeira or sherry and seasoning to the mince. Cover, reduce the heat and cook for a further 10 minutes. Stir in the gravy. Mix the cheeses together.

Combine the mince and pasta with half the cheese.

Spoon the mixture into a 2L (3½pint) ovenproof dish or 4 individual ovenproof dishes. Sprinkle over the remaining cheese and bake for 15-20 minutes.

Garnish with freshly chopped parsley before serving with warm crusty bread and a crisp green salad.

**Click here**  
**[www.saveourstomachs.co.uk](http://www.saveourstomachs.co.uk)**  
**for more recipe ideas**