



# Baked pasta

Prep: 10 minutes • Cook: 20 minutes • Serves: 2



## Ingredients

1 tablespoon vegetable oil  
½ small onion, peeled and chopped  
150g pasta (orzo works well)  
40g spring greens or frozen spinach  
½ pepper, deseeded and chopped  
1 teaspoon dried mixed herbs  
½ teaspoon chilli flakes (optional)  
1 tablespoon tomato puree  
400g tin of chickpeas (drained)  
1 low-salt vegetable stock cube made up to 150ml with boiling water  
10g unsalted butter  
20g cheddar, grated

- 1** Preheat oven to 180°C. In an ovenproof pan, heat the oil and add the onion. Cook until soft. In a separate pan, cook the pasta according to packet instructions.
- 2** Add in greens, pepper, herbs and chilli to the frying onions. Cook over a medium heat for 5 minutes, until soft. Add in tomato puree and cook for another minute.
- 3** Add the cooked and drained pasta, chickpeas and stock and bring to simmer. Put a lid onto pan and put into oven for 15 minutes.
- 4** Remove from oven, stir in butter, grate over cheese and serve.

## Nutritional info

Low phosphate ✓  
Low potassium ✓  
Low protein ✗  
Low salt ✓  
Low fat ✗

Cost per portion (August 2022) **84p**

Carbohydrate **84.5g**

Energy in kcals **571**