

Chickpea & Vegetable Pasta Bake



Ingredients

Description	Ptn	10ptn	50ptn	100ptn	200ptn
Chick Peas	10 g	100 g	500 g	1 kg	2 kg
Pasta Shells/Macaroni	20 g	200 g	1 kg	2 kg	4 kg
Carrots	10 g	100 g	500 g	1 kg	2 kg
Sweetcorn	5 g	50 g	250 g	500 g	1 kg
Peas	5 g	50 g	250 g	500 g	1 kg
Chopped Tomatoes	40 g	400 g	2 kg	4 kg	8 kg
Tomato Paste	10 g	100 g	500 g	1 kg	2 kg
Dried Mixed Herbs	1 g	5 g	25 g	50 g	100 g
Garlic Puree	1 g	5 g	25 g	50 g	100 g
Cheddar Cheese	20 g	200 g	1 kg	2 kg	4 kg

Method

Rinse the chick peas
 Cook the pasta and drain
 Dice carrots and cook them till almost cooked, add the sweet corn and peas
 Cook for a further 5 mins then drain
 Mix together all the ingredients except for the cheese which is sprinkled over the mix.
 Bake in oven until the cheese has browned

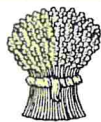
Assembled Tags



Contains Milk

SO₂

Contains Sulphur Dioxide & Sulphites > 10mg/Kg



Contains Wheat