

Zucchini Mushroom Pasta Bake

Zucchini and mushroom pasta bake vegetarian is a meatless, delicious and hearty pasta bake. Made with cooked pasta, creamy mushroom tomato sauce with zucchini and two kinds of cheese in just 35 minutes including prep time. Makes a perfect stand alone meal for kids and grown ups.

Prep Time 15 mins
Cook Time 20 mins
Total Time 35 mins
Servings: 6 servings

Ingredients

- 1 medium zucchini
- 2 tablespoons tomato paste
- 400 ml (6.8 fl oz/ 3/4 cup + 1 tbs) milk
- 500 g (17,6 oz) penne pasta
- 150 g (1 ½ cups) grated cheese, any
- 400 ml (13.5 fl oz/ 2 cups) pureed tomatoes or chopped canned tomatoes
- 400 g (14 oz) fresh mushrooms
- 1 medium onion
- 2 garlic cloves
- 2 tablespoons fresh basil, chopped/ 1 teaspoon dried basil
- oil for the sauce



Instructions

1. Boil water in a large pot and cook your pasta al dente, around 6 minutes, and drain. In the meantime, peel & mince onion & garlic. Rinse, pat dry and cut zucchini into small slices. Clean mushrooms with paper towels. Cut off the stem ends and cut into slices.
2. Heat 1 tablespoon of oil in the pot at medium – high heat and sauté onions for 2 minutes. Add zucchini and fry for another 2 minutes. Add mushrooms, garlic and tomato paste and mix well. Stir in tomatoes and milk. Season with salt, pepper and fresh basil and bring to a boil. Remove from heat. Preheat the oven to 200 °C (392 °F), with both top and bottom heat.
3. Using a spoon, mix have the cheese with pasta in a casserole dish. Then pour the prepared sauce on top. Mix well and sprinkle with grated cheese. Bake for 20 minutes. Let cool for few minutes before serving. Garnish with fresh basil, if desired and serve.