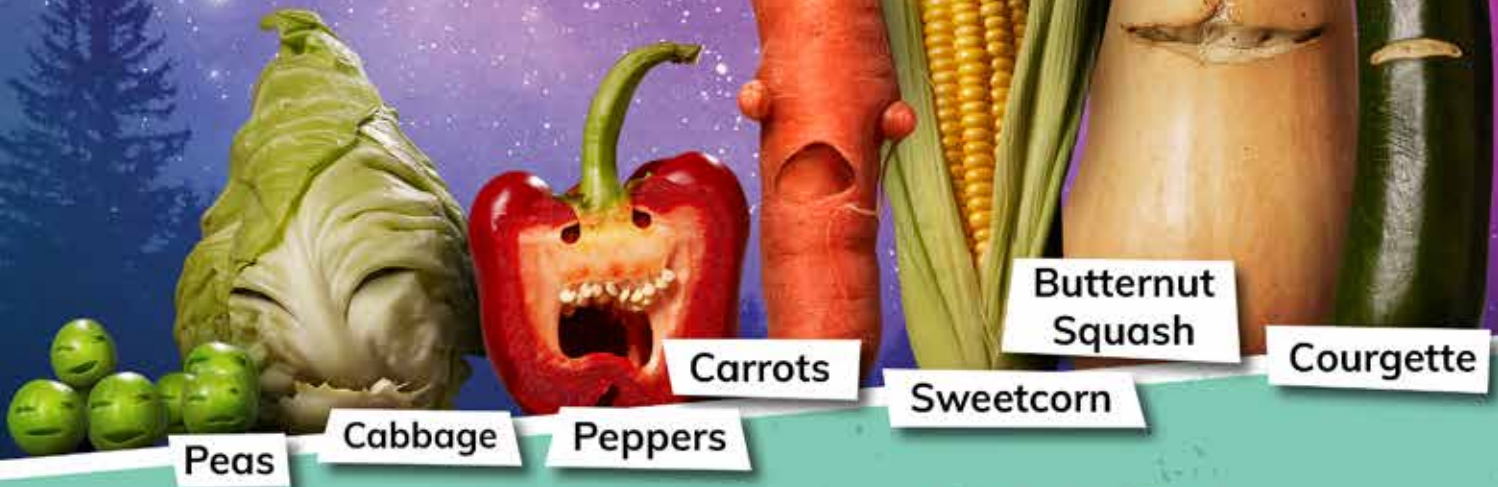


PASTA POWER PLAY

EAT THEM
TO DEFEAT THEM

FEATURING



We've heard the vegetables have taken over the pasta in **Italy**.

The kids will need to search for the vegetables, pick them out, and then defeat them in the only way possible.

Your mission is to help the kids find them and eat them to defeat them and then let out your victory cry...



FEEL MY POWER!



A pasta bake or lasagne with your choice of meat or plant-based alternative protein, plenty of vegetables and cheese, but ideally cooked in a pie-dish or cake-tin and served like a loaf in slices. The important thing is lots of chunky vegetables the kids can hunt down.

Method

Yield **10**

Here's our recommended recipe, or you can simply adapt your own recipe – just keep the veg chunky and serve with a reminder to the children to **Eat Them to Defeat Them** and say “**Feel my power!**”

- 1** Pre heat oven to **GM6/390°F/200°C**
- 2** Lightly oil a baking sheet and lay out the sliced carrot and squash in a single layer if possible. Bake in the oven for 20-30 minutes until they start to soften but still hold their shape.
- 3** Meanwhile heat half the oil in a saucepan and add the onion and garlic and cook for 2-3 mins until softened. Add the beef mince and continue to cook until it starts to colour. **If using plant-based alternative, add to the pan at point 4.**
- 4** Stir in the chopped tomatoes, mixed herbs bouillon and paste (**and plant-based alternative, if using**) and cook, stirring regularly for 10-15 mins. Set aside.
- 5** With the remaining oil over a high heat, cook the courgette in batches for 2-3 mins on each side until lightly golden.
- 6** Ladle one quarter of the mince and tomato sauce mixture into a gastronome, place one layer of lasagne sheets followed by the squash on top. Spoon over another layer of the sauce and repeat with the lasagne and courgette, followed by the lasagne and carrot and remaining sauce.
- 7** Top with mozzarella and breadcrumbs then bake for 20-25 minutes until bubbling and golden brown.
- 8** Probing to a core temperature of **75°C or above for 30 seconds.**

Serving suggestions

Cook in a pie dish or cake tin and serve sliced like a loaf.

Spaghetti would also work well with a rich tomato sauce.



Ingredients

Pasta Bake

- 500g courgettes, sliced lengthwise ½ cm thick
- 500g carrots, sliced lengthwise ½ cm thick
- 500g butternut squash, sliced lengthwise ½ cm thick
- 2 tbsp oil
- 2 red onions, sliced
- 2 garlic cloves, crushed
- 250g beef mince or plant-based alternative pieces
- 1kg/200g chopped tomatoes
- 2 tbsp mixed herbs
- 30g vegetable bouillon
- 30g tomato paste
- 12 lasagne sheets
- 100g mozzarella and cheddar, grated (or plant-based alternative)
- 1 bread roll, grated into crumbs

