



## Food for Thought Recipe and Allergen Card

### Baked Pasta Carbonara

100 Portion

Ingredient	Hannah Product Code	Quantity
<b>Penne Pasta</b>	D005020	6Kg
Diced Cooked Ham		2Kg
<b>Bechamel Sauce</b> (as FFT Recipe)		5ltr
<b>Grated Mature Cheddar</b>		2Kg
Fresh Parsley		100 grams
Cracked Black Pepper		To Taste

#### RECIPE METHOD - **ALLERGENS**

1. Cook the **Penne Pasta** till "al dente" and cool under cold water & drain.
2. Make the **Bechamel** sauce as per FFT recipe, add the Grated **Cheese**, diced Ham and season well.
3. Add the sauce to the pasta and mix well.
4. Place in serving trays and bake for 20 mins till correct temperature is achieved.
5. Sprinkle with Chopped Parsley

The allergens highlighted in <b>RED</b> are present in this dish
Allergens:
Cereals : <b>Wheat</b> Rye Barley Oats Spelt Kamut
<b>Milk</b>
<b>Eggs</b>
Peanuts
Tree Nuts
Sesame
Fish
Crustaceans
Molluscs
Celery
Mustard
Soya
Lupin
Sulphites
May contain... <b>Gluten</b>