



Food For Thought Recipe and Allergen Card

Cheesy Beans Pasta Bake

100 Portions

Ingredient	Hannah Product Code	Quantity
Penne Pasta	D005020	3k
Baked Beans	D002076	2 x 2.5k tin
Onions - diced		1k
Chopped Tomatoes	D002052	1 x 2.4k
Garlic		5 cloves
Mixed Herbs	D001161	2 tbsp
Salt	D001199	To taste
Pepper	D001103	To taste
Grated Cheese	C000485	To top
Olive oil	D001010	For frying

RECIPE METHOD – ALLERGENS

1. Cook the **pasta** in boiling water for 12-15 minutes or until just 'al dente'
2. In a heavy bottomed sauce pan add enough oil for frying and heat
3. Add the diced onion and cook for 5 minutes
4. Add the garlic and cook for 2 minutes stirring regularly
5. Add a little mixed herbs and then add the chopped tomatoes and the baked beans
6. Bring to a simmer, adding a little water if too thick and cook for 20 minutes
7. Put the cooked drained pasta in a baking dish, add the baked beans sauce and mix well (don't forget the pasta will soak up some of the liquid so ensure that it is well coated)
8. Top with some grated **cheese** and sprinkle with mixed herbs
9. Cook for 10 minutes at 200°C or until golden and bubbling

The allergens highlighted in **RED** are present in this dish

Allergens:

Cereals : **Wheat**

Rye

Barley

Oats

Spelt

Kamut

Milk

Eggs

Peanuts

Tree Nuts

Sesame

Fish

Crustaceans

Molluscs

Celery

Mustard

Soya

Lupin

Sulphites

May contain...