

## NUTRITION: Lazza's Kitchen Adventure

### Savoury Pasta With Cheese

A Brand NEW Recipe from Lazza's Kitchen.  
Lazza made his first ever version of Savoury Pasta With Cheese from scratch

Food historians estimate that "Pasta" probably took hold in Italy as a result of extensive Mediterranean trading in the Middle Ages. From the 13th century, references to pasta dishes, such as macaroni, ravioli, gnocchi, and vermicelli, crop up with increasing frequency across the Italian peninsula. In the 14th and 15th centuries, dried pasta became popular for its easy storage. This allowed people to store pasta on ships when exploring the New World

#### Ingredients

500g Lean Minced Beef - oil to cook  
Diced Onion  
2 Garlic Cloves - + Garlic Puree  
Tin Of Chopped Tomatoes - + Tomato Puree  
50ml Water with Beef Stock  
Mushrooms:  
Pasta - you can judge amounts  
Plenty of herbs - again you can choose  
Grated Cheese - up to you how cheesy.

In a saucepan, cook up pasta.

Heat a little oil in a different pan and cook up the mince until browning.

Add the diced onion stir and cook for five minutes.

Add in the garlic and garlic puree.

Add the tomatoes and tomato puree.

Stir in well. And now add the chopped mushrooms.

Mix some beef stock in the water and then pour into the pan. Stir well.

I like to use a lot of herbs so I included:

Oregano, Mixed Herbs, Basil, Thyme, and some Garlic powder too.

Leave to cook for around 15 minutes.

I drained the pasta (put aside if ready before the beef mix) and then poured the pasta into the meat mix and stirred.

Transfer into an oven dish or bowl (or both in my case) and top with grated cheese (I used Red Leicester to get that nice colour).

Cook at 180C for around 20-25 minutes. You can see when it looks ready.

Then enjoy.



During the pandemic and lockdowns, Lazza decided to try a new hobby - cooking.  
Why not try out some new recipes and foods yourself?  
More on HMHB recipe pages: [www.hmhb2016.org.uk](http://www.hmhb2016.org.uk)  
This was a great, and very tasty, dish to prepare.