



This is a great meal for a meatless day! I use individual dishes or if you are feeding a family or group use a larger dish!

For the sauce experiment with Ricotta instead of Philadelphia and vary the herbs to your liking, I like the Italian flavours of basil, oregano, but paprika and whole grain mustard are nice additions!

Nutritional Yeast naturally has a cheesy nutty flavour, so it is a good addition here and it means you use less cheese.

SERVES 6

INGREDIENTS:

- 300g of any small / medium pasta shell you have
- 6 mushrooms
- 1 courgette
- 1 red / yellow pepper
- 2 shallots or ½ yellow onion
- 2 cloves garlic
- Olive oil
- 50g grated cheddar for the top of dish or 1-2 tbsp of grated cheese if using individual dishes.



BECHAMEL WHITE SAUCE:

- 1 egg
- 100g Philadelphia Light
- 100g Fat Free Natural Greek Style Yogurt
- 2-3tbsp nutritional yeast
- 2 teaspoons whole grain mustard (optional)
- Dash paprika (optional)
- Basil / Italian herbs (optional)
- Sea salt & Black pepper

METHOD:

- Using olive oil, sauté the onion, garlic for 5-10 minutes on a low heat.
- Add in the diced mushroom, courgette, peppers, salt, black pepper, seasonings take off the heat after another 10 mins.
- In a saucepan boil some salted water, add your pasta and cook for 10-15 mins or until al dente, slightly soft.
- Sauce: in a jug beat the egg, add in the yogurt, cheese of choice and herbs and beat until smooth
- Mix in your vegetable mix and pasta in a large bowl.
- Pour into individual dishes or one large dish.
- Sprinkle with grated cheese

At this stage you can bake at 150 ovens for 25-30 mins, cover with foil for the first 15 mins and then remove so you do not burn.

Alternatively, if you are having the next day you can leave in the dishes and finish off the baking the following day, leaving the flavours to infuse for a little longer!