



PASTA BAKE WITH EGGPLANT, CAPSICUM, PARSLEY AND KALE

Season: Summer, autumn
From the garden: Eggplant, capsicum, kale, parsley
Type: Dinner
Difficulty: Moderate
Country of origin: Italy
Serves: 6 serves or 30 tastes
Source: Andrea Habacht, GTT kitchen specialist, Oropi school

Equipment:

- *chopping board and knife
- *colander
- *frying pan
- *2x saucepan
- *grater
- *measuring cup and spoons
- *wooden spoon
- *baking dish
- *whisk

Ingredients:

- *1 med. eggplant
- *1 capsicum
- *big handful of kale and a bunch of parsley
- *500 g pasta (spirals or macaroni)
- *2 tbsp butter or margarine
- * $\frac{3}{4}$ cup milk
- *1 tbsp flour
- *1 tsp dried oregano
- *1 tsp mustard
- * $\frac{1}{2}$ tsp salt (plus 2 tsp extra for pasta cooking water)
- *pepper to taste
- * $\frac{2}{3}$ cup bread crumbs
- *1 cup grated cheese
- *oil for frying

Method:

1. preheat oven to 210 degrees
2. bring water to the boil in a large saucepan and add 2 tsp of salt
3. cook the pasta till “all dente”, drain and put it back in the large saucepan
4. while the pasta is cooking, prepare the vegetables: cut the capsicum in half lengthwise and remove the seeds
5. cut capsicum into slices
6. chop eggplant into small cubes
7. cook the eggplant and capsicum in a frying pan with a little bit of oil until softened and slightly browned
8. remove tough ribs from the kale and slice into strips
9. chop parsley finely
10. grate the cheese
11. to make the white sauce, melt the butter in a small saucepan, add the flour and cook over low heat for a minute
12. slowly add the milk while whisking constantly till you have a smooth sauce
13. stir in the mustard, half of the cheese, oregano and season with salt and pepper
14. add the cheese sauce, eggplant, capsicum, kale and parsley to the pasta in the large saucepan, mix
15. place the mixture into a baking dish and sprinkle the remaining $\frac{1}{2}$ cup cheese and the breadcrumbs on top
16. place in the oven and bake for around 15 to 20 minutes until golden brown on top
17. serve with a salad on the side

Notes: “Macaroni and cheese” made healthier with the addition of of vegetables

Skills: *measuring, chopping, whisking, grating*