Spinach Pesto Pasta Bake

Grocery List

* 1/3 C EV Olive Oil + some for drizzling
* 1 Yellow Onion, diced
* 1 C diced red onion / yellow bell pepper combined
* 4 cloves Garlic, chopped
* 1/3 C fresh Parsley
* 3 Tbsp. Happy Veg Spinach Pesto (or any fresh or pre-packaged pesto)
* 796 ml can diced Tomatoes, blended / pureed
* 1 ½ C shredded Mozzarella
* 3 Tbsp grated Parmesan
* 2 Tbsp. Italian Breadcrumbs
* Sea Salt / Black Pepper
* 450 g Tortiglioni or any ridged noodle

A combination of spinach pesto and tomato sauce cooked together with onions, bell pepper, and parsley and baked layered with noodles, parmesan and mozzarella cheese.

Prep Time: 20 Min

Cook Time: 1hr 25 Min



1. In a large saucepan, boil your choice of ridged noodle to al dente following package directions. Strain and set aside.
2. Bring a large frying pan to temperature on medium. Pour in the olive oil and add in the diced red and yellow onions and the yellow pepper. Give a pinch or two of sea salt and fry together for about 5 minutes stirring often.

Make a little circular area in the center of the pan and drizzle a tiny bit of olive oil. Add the chopped garlic and allow to fry for 2 minutes before stirring everything together and adding a pinch of sea salt and black pepper. Fry another 2 minutes.

1. Stir in the pesto and fry together for 2 or 3 minutes before adding the blended tomatoes and parsley. Bring to a boil and cover reducing heat to medium low. Cook 20 minutes at least until ready to use, taste and adjust seasoning.

\*\*\*To thicken the sauce, remove the lid for the last 5 minutes and it will thicken up.

1. Preheat oven to 350 F
2. In a lightly oiled 2 ½ qt baking dish, lay out a layer of noodles covering the bottom. Drizzle the layer with olive oil and sprinkle 1/3 the mozzarella and 1 Tbsp. parmesan. Ladle 2 scoops of sauce evenly over the layer.
3. Repeat the last step 2x except on the top layer do not sprinkle the mozzarella. Cover and bake for 20 minutes
4. Sprinkle the bread crumbs and remaining mozzarella evenly over the dish. Bake uncovered another 10 – 15 minutes.
5. Cool and serve. Garnish with fresh parsley and parmesan cheese.

\*\*Great with garlic toast and a salad ☺