



Double Cheese, Thyme & Zucchini Baked Penne

with Spinach



Create a panko breadcrumb topping



Brown Onion



Zucchini



Cheddar Cheese



Mozzarella Cheese



Thyme



Penne



Chilli Flakes (Optional)



Baby Spinach Leaves



Diced Tomatoes



Cooking Cream



Panko Breadcrumbs

Pantry Staples



Olive Oil



Balsamic Vinegar

Hands-on: **25 mins**
 Ready in: **35 mins**
 Spicy (optional chilli flakes!)

This little guy's got a crunchy surface that's hard to crack, but inside he's just really cheesy. We find him pretty loveable, but don't take our word for it – try it yourself!

BEFORE YOU START

You will need: **medium saucepan, chef's knife, chopping board, box grater, colander, wooden spoon, large frying pan** and a **medium baking dish**. Let's start cooking the **Double Cheese, Thyme & Zucchini Baked Penne With Spinach**



1 GET PREPPED

Bring a medium saucepan of salted water to the boil. Preheat the oven to **220°C/200°C fan-forced**. Finely chop the **brown onion**. Grate the **zucchini** and squeeze out the excess water. Grate the **Cheddar cheese** and the **Mozzarella cheese**. Pick the **thyme** leaves.



2 COOK THE PASTA

Add the **penne (use suggested amount)** to the boiling water and cook for **10 minutes**, or until "al dente." Stir the pasta regularly to ensure it doesn't stick. Drain. Note: Be sure to add the correct amount of pasta so that your dish is balanced, just the way we planned it.



3 PREP THE PASTA SAUCE

While the pasta is cooking, heat **1/2 the olive oil** in a large frying pan over a medium-high heat. Add the chopped **brown onion** and **chilli flakes (if using)** and cook for **5 minutes**, or until the onion has softened. **TIP:** Some like it hot, but if you're spice sensitive, use less chilli flakes. Add the **zucchini, 1/2 the baby spinach leaves, the diced tomatoes, the cooking cream and thyme**. Stir to combine. Simmer for **5 minutes**, or until the sauce has reduced and thickened slightly. Season to taste with a **pinch of salt and pepper**.



4 COMBINE THE PASTA & SAUCE

Add the **penne** to the pan with the sauce. Add **1/2 the grated Cheddar cheese** and **1/2 the Mozzarella cheese** and stir to combine. Scoop the mixture into a medium baking dish.



5 ADD THE TOPPING

Sprinkle the **remaining Cheddar cheese, Mozzarella cheese** and the **panko breadcrumbs** over the top of the pasta. Bake for **10 minutes**, or until the cheese has melted and the breadcrumbs are golden.



6 SERVE UP

Divide the double cheese, thyme and zucchini baked penne between plates. Toss the **remaining baby spinach leaves** with the **remaining olive oil and balsamic vinegar** and serve on the side.

2 | 4 PEOPLE INGREDIENTS

	2P	4P
brown onion	1	2
zucchini	1	2
Cheddar cheese	1 block (50 g)	2 blocks (100 g)
Mozzarella cheese	1 block (50 g)	2 blocks (100 g)
thyme	1 bunch	2 bunches
penne (use suggested amount)	200 g	400 g
olive oil*	1 tbs	2 tbs
chilli flakes (optional)	1/2 sachet (1/2 tsp)	1 sachet (1 tsp)
baby spinach leaves	1 bag	2 bags
diced tomatoes	1 tin (400 g)	2 tins (800 g)
cooking cream	1/2 tub (150 ml)	1 tub (300 ml)
panko breadcrumbs	1/2 packet (1/2 cup)	1 packet (1 cup)
balsamic vinegar	1 tsp	2 tsp

*Pantry Items | ☑ Ingredient features in another recipe

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	3660kJ (875Cal)	528kJ (126Cal)
Protein (g)	34.9g	5.0g
Fat, total (g)	34.6g	5.0g
- saturated (g)	19.6g	2.8g
Carbohydrate (g)	99.7g	14.4g
- sugars (g)	18.5g	2.7g
Sodium (g)	424mg	61mg

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Enjoy!