

**GF Friendly**

### Jac's Cheese and Tomato Pasta

**a pasta bake with zucchini, cheese and tomato**

A favourite of his partner, this is one from Allan, our UK team member. It's easy to prepare and finishes off in the oven. The quantities of ingredients make two serves; but for more, simply increase everything proportionately, including the baking dish size. Oven temperatures and cooking time, however, should probably stay the same.

100g pasta of choice (I used spiral)  
 500g hot water  
 1 tsp salt (optional)  
 about 100g sliced zucchini (courgettes)  
 400g canned diced tomatoes  
 2 cups grated cheese (cheddar or other)  
 15g butter or margarine  
 1 tsp olive oil (or preferred cooking oil)



Put the pasta in a pan, pour on the water, add salt if using and stir; then bring to the boil. Reduce the heat and simmer for about 10 minutes until the pasta is al dente (soft but sticks to the teeth). In the meantime, prepare the rest of the ingredients.

Cut the zucchini into 1cm (3/8 inch) slices, enough to line the bottom of the baking dish (I used a shallow 16cm (6 1/2 inch) one). Heat the butter with the teaspoon of oil until sizzling; then fry the zucchini, turning until both sides are lightly browning. Arrange in the baking dish. Drain the cooked pasta, tip into the frypan and toss in the remaining fat with 1/2 cup of the cheese. Spread this on top of the zucchini slices.

Warm the tomatoes in a pan, then pour evenly over the pasta. Scatter the remaining cheese evenly on top and bake in a pre-heated oven on 160°C fan-forced (175°C conventional) for 15-20 minutes to melt the cheese, or longer to lightly brown it.

Serves 2

**Tip:** when frying with butter or margarine, put in a little oil with it to stop the fat from burning. This is especially important for extending the life of non-stick pans.

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