

Cheesy Broccoli Pasta Bake



Dietary: VEG, EF, NF
Allergens: Wheat, Soy, Dairy
Age group: 8 months+
Mealtime: Lunch
Difficulty level: Medium

Serves: 8
Prep: 20 mins
Cook: 30 mins

Rating ★★★★★

MindChamps®
early learning & preschool

Cheesy Broccoli Pasta Bake



Vegetarian



Nut Free



Egg Free

Equipment

High-speed food processor or stick blender

Ingredients

- 240g wholegrain penne
- ½ head of broccoli (300g), rinsed and broken into florets
- 2 tbsp (40ml) extra virgin olive oil
- 1 ½ tbsp (22g) organic cornflour
- 1 cup (250ml) milk of choice
- 500g silken tofu, crumbled
- 2 tbsp (20g) nutritional yeast
- 1 cup (120g) grated cheddar cheese
- 1 tbsp (16g) chia seeds

TOPPING:

- ¾ cup (90g) grated cheddar cheese

Method

1. Cook the pasta until al dente. Drain and set aside.
2. Place broccoli in a food processor and process until it reaches a rice-like consistency.
3. Heat oil in a large frying pan and sauté broccoli on medium heat for about 5 mins.
4. Sprinkle cornflour on top and sauté for another minute.
5. Add milk and cook for 2-3 mins or until the sauce thickens.
6. Add tofu, nutritional yeast, cheese and chia seeds, cool slightly, pour sauce into a blender. Blend until smooth and creamy.
7. Place the pasta in a casserole dish and pour the broccoli sauce over it. Stir until everything is coated with the sauce. Sprinkle with additional grated cheese (optional) and grill in the oven for 5-10 mins or until the top is golden.

Mandy's serving suggestion: Serve immediately with a garden salad or steamed vegetables.

Storing leftovers: Store in an airtight container in the fridge for up to 4 days or freeze for up to 4 months.

Tips

- ✓ **For a dairy-free version:-free version:** Swap cow's milk for coconut, soy, or oat milk and leave out cheese or swap for nutritional yeast.
- ✓ **For gluten-free version:** Swap wholegrain penne for brown rice penne.
- ✓ **Easy ingredient swaps:** Swap cornflour for wholemeal spelt flour or wholemeal flour. Swap broccoli with cauliflower.
- ✓ **Additional boosters:** Boost this recipe by adding grated vegetables of choice such as zucchini, white sweet potato or parsnip to the sauce.
- ✓ **For a baby-friendly version:** Serve mashed or cut into finger food-sized pieces.
- ✓ **For fussy eaters:** Place mixture into mini muffin holders, top with grated cheese and bake for approximately 15 mins to create mini cheesy muffins.