

Mushroom, leek & chorizo pasta bake



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Preparation: about 15 minutes

Cooking: about 20 minutes

Serves: 6

350g dried maccheroni or penne rigate pasta

1 tbs olive oil

2 chorizo sausages, finely chopped

1 leek, trimmed, halved lengthways, washed and thinly sliced

2 garlic cloves, crushed

250g Swiss brown button mushrooms, halved

¼ cup white wine

300 ml carton light cream

¼ cup sage leaves, chopped (or use flat-leaf parsley)

Salt and ground black pepper

1 cup grated parmesan cheese

½ cup reduced fat grated mozzarella cheese

1. Cook pasta in a large saucepan of boiling water, following packet directions, until tender. Drain and return to pan.
2. Meanwhile, heat oil in a large non-stick frying pan over medium heat. Add chorizo and cook, stirring often, for 5 minutes or until crisp. Drain on paper towel.
3. Add leek and garlic to pan and cook, stirring often, over medium heat for 3 minutes. Add mushrooms and cook, stirring often, for 2 minutes. Stir in white wine and simmer for 1–2 minutes until evaporated. Add cream, sage and season with salt and pepper to taste.
4. Add leek mixture to hot pasta. Toss gently to combine. Spoon into a greased large (about 8-cup) baking dish. Combine cheeses and sprinkle over the top. Preheat a grill on medium-high heat. Place dish under grill (top about 5cm from heat source) and cook for 3–4 minutes until golden and serve.



Mushrooms

- Supply worthwhile quantities of six of the 8 B complex vitamins, including thiamin (B1), riboflavin (B2), niacin (B3), folate, pantothenic acid (B5) and biotin. These vitamins play many roles and are vital in the reactions within the body that produce energy from proteins, fats and carbohydrates.