

NUTRITION: Lazza's Kitchen

Meaty Baked Pasta

Another New Recipe from Lazza's Kitchen.
Today he makes his first ever Meaty Baked Pasta from scratch

Although tomatoes were introduced to Italy in the 16th century and incorporated in Italian cuisine in the 17th century, description of the first Italian tomato sauces dates from the late 18th century: the first written record of pasta with tomato sauce can be found in the 1790 cookbook *L'Apicio Moderno* by Roman chef Francesco Leonardi.



1 pound of Pasta (I used Penne)
750g of Minced Beef: Oil to fry
1 large Onion
3/4 Cloves of Garlic.
Rosemary, Basil, Mixed Herbs—to taste
2 tins of crushed tomatoes
Mozzarella Cheese
Ricotta Cheese
Cheddar Cheese

Heat a large pot of salted water. Add the pasta and cook at a rolling boil, uncovered, until the pasta is al dente—edible but still a little firm to the bite. Drain the pasta and toss with a little olive oil so the pasta does not stick together while you make the sauce.

Heat some olive oil in a large pan on medium-high heat. When hot, add the meat and cook till it has browned well.

Add the onions, garlic, and herbs and continue to heat for onions to cook. Then add the tomatoes, and continue to cook.

When the sauce is ready take a nice large casserole dish.

Dot the bottom with blobs of half the ricotta cheese, then add a third of the sauce mix.

Ladle some sauce into the waiting pasta and then pour that into the dish. Then pour on the remaining sauce and make sure it is spread evenly. Sprinkle the mozzarella all over the top, before grating enough cheddar to cover the top of the dish. Bake at 180C for around 20-25 minutes until brown on top.



I have been meaning to cook this for a while,
and it was well worth it.
The three cheeses melted beautifully, and the
meat and pasta, with the sauce and herbs, was
delicious. I had it for several nights.
It is a lot, so make sure you have quite a large
dish ready for the oven.

During the pandemic and lockdowns, Lazza decided to try a new hobby - cooking.
Why not try out some new recipes and foods yourself?
This was a great and very tasty meal to prepare.