

FLEXING PASTA SAUCE



RECIPE:

Cajun Vegetable Tomato and Feta Pasta Bake

SERVES: 10

INGREDIENTS:

Code	Temp band	Description	Quantity	Pack size
76598	Ambient	Gustoso Fusilli	400g	4x3kg*
04497	Frozen	Everyday Favourites Farmhouse Style Vegetable Mix	400g	4x2.5kg*
70389	Ambient	Everyday Favourites Cajun Spice	15g	6x500g*
04334	Ambient	Everyday Favourites Tomato & Basil Sauce	800ml	2x2.2ltr
		Water	600ml	
89768	Chilled	Kalos Feta Block	300g	6x1kg*

Prep Time: 10 mins

Time to cook: 45 mins

Method:

For the pasta bake:

- Place all the ingredients EXCEPT for the feta in a large bowl and mix

For baking:

- Pour into a large oven proof dish and bake at 200C for 20 minutes
- After 20 minutes stir the pasta bake and add large chunks of hand ripped feta cheese, mix into the sauce
- Bake for a further 25 minutes until the pasta is cooked through, serve with bread

FLEXING PASTA SAUCE



RECIPE:

Chicken Parmesan Enchiladas

SERVES: 10

INGREDIENTS:

Code	Temp band	Description	Quantity	Pack size
83893	Chilled	Farmstead Chicken Breast Fillet Skinless 200-230g	5	2x5kg*
04334	Ambient	Everyday Favourites Tomato & Basil Sauce	200ml	2x2.2ltr
70384	Ambient	Everyday Favourites Crushed Chillies	3g	6x350g*
50781	Chilled	Parmigiano Reggiano PDO Flakes	100g	12x500g*
18466	Frozen	Everyday Favourites Bar Marked Plain Flour Tortilla 30cm (12")	10	4x18
76587	Ambient	Casa De Mare Sliced Green Jalapeño Peppers, Plastic jar	100g	12x700g
17576	Ambient	Everyday Favourites Chopped Tomatoes	800g	6x2.5kg
50787	Chilled	Gustoso Vegetarian Grated Hard Cheese	50g	6x1kg*

Prep time: 15 mins

Time to cook: 15 mins

Method:

For preparation:

- Chargrill the chicken breast and shred with forks.
- Place in a bowl with the pasta sauce, chili flakes and parmesan flakes. Then mix well
- Place the bar marked tortillas on a board with the marked side facing down
- Evenly distribute the chicken filling and roll. Place in a large dish to ensure they are not too tightly packed
- Sprinkle over the jalapeno peppers, layer the chopped tomatoes over and top with the grated cheese

For cooking:

- Bake in a hot oven at 200C for 20 minutes until golden

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RECIPE:

Spaghetti, Cheese and Tomato Frittata

SERVES: 10

INGREDIENTS:

Code	Temp band	Description	Quantity	Pack size
76601	Ambient	Gustoso Spaghetti Short	500g	4x3kg*
04334	Ambient	Everyday Favourites Tomato & Basil Sauce	800g	2x2.2ltr
13644	Ambient	Pure Olive Oil Tin	30ml	4x5ltr*
02965	Chilled	Galbani Mozzarella Balls	200g	12x125g*
50781	Chilled	Parmigiano Reggiano PDO Flakes	60g	12x500g*
06175	Chilled	Double Cream	300ml	1x2.27ltr
09126	Chilled	Everyday Favourites Free Range Medium Eggs	15	1x180
04439	Ambient	Everyday Favourites Cooking Salt	3g	4x3kg*
50396	Ambient	Everyday Favourites Cracked Black Peppercorn	4g	6x450g*
70384	Ambient	Everyday Favourites Crushed Chillies	2g	6x350g*
75682	Chilled	Basil	10g	1 x 100g

Prep time: 15 mins

Time to cook: 35 minutes

Method:

- Cook the spaghetti in salted boiling water for 6 minutes. Drain and toss in the tomato and basil sauce plus some olive oil in a large bowl
- Heat an oven proof skillet and grease. Place the spaghetti mix in the pan and even out. Top with the hand-ripped mozzarella and parmesan flakes
- Allow the egg to cook on the bottom for 5 minutes
- Then transfer it to the moderate oven at 170C for approximately 20 minutes, until the egg mix has set and the top is browned
- Leave to cool in the pan for a few minutes before carefully turning out onto a plate
- Cut into wedges and sprinkle with fresh basil