

Recipes

Baked Turkey & Veggie Pasta Shells

Serves: 4

Prep Time: 15 minutes

Cook Time: 25 minutes

Ingredients:

- 250g Large pasta shells
- 400g Turkey mince
- 1 medium Courgette (grated)
- 1 medium Carrot (grated)
- 400ml Tomato passata
- 1 clove Garlic (minced)
- 1 tbsp Olive oil
- 50g Grated mozzarella

Method:

Preheat oven to 200°C (fan). Sauté garlic, turkey mince, courgette, and carrot until the mince is browned. Add passata and simmer for 10 minutes. Boil pasta shells until al dente, then stuff with the turkey mix and place into a baking dish. Top with cheese and bake for 15–20 minutes.

Tips:

- Swap turkey for beef or lentils.
- Get kids to help stuff the pasta shells.
- Great for batch cooking and freezing.

