

Recipe Name: Baked Pasta Recipe With Spinach And Artichoke

Diet Type:

Course: Dinner

Cuisine: Italian Recipes

Quantity:



Ingredients

Ingredient	Quantity
• 200 grams Penne pasta	4
• 1/8 cup Butter	
• 1/4 cup Black olives	
• 2 Spinach - bunches	
• 5 - 6 Artichokes - roughly chopped	
• 2 teaspoon Extra Virgin Olive Oil	
• 1 Onion - finely chopped	
• 2 cloves Garlic - grated	
• 1/8 cup All Purpose Flour (Maida)	
• 1 cup Milk	
• 50 grams Feta Cheese - or any other soft cheese	
• 1/2 teaspoon Dried oregano	
• Salt and Pepper - to taste	

Preparation

- To begin making Baked pasta with Spinach and Artichoke, grease a small-size square baking dish.
- Preheat oven to 200 degree Celsius.
- Set a large pot of water to boil with enough salt added.
- Cook pasta as per package instructions, cook the pasta till al-dente stage.
- Overcooked pasta might turn mushy while baking.
- Drain in a colander and set aside until required.
- Heat butter in a saucepan over medium heat.
- Add chopped onion and garlic, cook till it turn soft but not brown.
- Next add the flour and cook stirring constantly for a minute.
- Slowly pour in milk whisking continuously over medium heat and bring the mixture to boil.
- Reduce the heat to low and stir consistently until the sauce thickens this might take approx 5 minutes.



- Turn off the heatWhisk in cheese to the mixture.
- Now layer the cooked pasta in the greased baking dish.
- Pour the sauce over the pasta.
- Add the chopped olives, spinach and artichoke.
- Season with salt, pepper and oregano.
- Bake for 20 to 25 minutes, until the sauce bubbles and the light brown crust is formed on top.
- Let the pasta cool down for few seconds before serving.

Macronutrients

Calories (kcal) Protein (g) Carbs (g) Fat (g) Fiber (g) Sugar (g)

