

Baked Wholemeal pasta with "Spinach" & Tomato.



250g (dry weight) Wholemeal Pasta Spirals cooked in unsalted water (San Remo)
1 Tablespoon Olive Oil
3 chopped Medium Onions
8 Cloves of garlic chopped
500g Spinach Pulled from the stalks (Big bunch of Silver beet or Frozen spinach)
¼ Cup Canola oil
3 tablespoons Wholemeal Flour
800g Tinned chopped Tomatoes (with sodium less than 25mg/100g)
2 Teaspoons Dried basil
1 Teaspoon Salt Skip Vegetable Stock Powder (see below)
½ Teaspoon Black pepper
1 Teaspoon Savoury Yeast Flakes (Lotus)
Crumbs and sprinkled yeast flakes to finish.

Fry the onion and garlic in a tablespoon of olive oil, add the spinach (green parts only) and cook with a lid on until well wilted.

Chop it about with a spatula while cooking.

Mix the Canola oil and flour in a pot and heat until bubbling and cook for 2 minutes.

Add the tomatoes, basil, pepper, yeast flakes and vegetable stock powder and cook until thickened and the tomatoes soften.

Add ¼ of the sauce to a large deep casserole dish then cooked pasta and spinach continue layers ending with sauce.

Top with more yeast flakes a sprinkling of crumbs, some fresh ground black pepper and spray with cooking spray.

Bake at 180°C for half an hour.

Makes 4 serves as a complete meal.

Notes:-

The bunches of "Spinach" you often see with white stalks with a shape similar to celery are Silver Beet (Swiss Chard) which is quite salty with 195mg/100g of sodium. The sodium level of the finished meal using silver beet is still only 68mg/100g. If English spinach (30mg/100g) is used the result is 27mg/100g. The teaspoon of salt Skip stock powder used adds 113mg of sodium to the recipe and contributes 6mg/100g to the result. Frozen spinach (English has less sodium than NZ) can be used but drain it after thawing.

Parmesan cheese would normally be used in a recipe of this type. It is very salty but can be used sparingly as a total of 3 teaspoons would only add 7mg/100g to the finished dish. you can lash out with Lotus Savoury Yeast Flakes as 3 teaspoons only adds about 0.12mg/100g. I have given enough information for you to design your own dish. If you like parmesan then balance the extra sodium in it by using English spinach. With English spinach you may also get away with "normal" or salt reduced stock powder. If you want the lowest sodium meal use English spinach, salt Skip stock powder and Savoury yeast flakes.