

Mushroom pasta bake

Total time **75 mins** 75 mins preparation time

Nutritional facts (per portion):

1,842 kJ / 440 kcal

INGREDIENTS

4 portion(s)

- 1** onion, diced
- 3** cloves garlic, crushed
- 3** sprigs fresh thyme
- 250 g** portobello mushrooms, sliced
- 150 g** chestnut mushrooms, sliced
- 150 ml** white wine
- 4 tbsp** Kikkoman Naturally Brewed Soy Sauce
- 300 g** farfalle pasta
- Bechamel sauce:**
- 50 g** unsalted butter
- 50 g** plain flour
- 400 ml** milk
- 1 tbsp** Kikkoman Naturally Brewed Soy Sauce
- 1 tsp** Dijon mustard
- 1 tsp** black pepper
- 60 g** parmesan cheese, grated
- 20 g** Kikkoman Panko - Japanese style crispy bread crumbs
- 3 tbsp** chopped flat leaf parsley, for serving

PREPARATION

Step 1

Fry the onion along with the garlic and thyme in some oil for 3-4 mins then remove from the pan and set aside. In the same pan fry the mushrooms over a very high heat until golden, add the white wine and 2 tbs Kikkoman Soy Sauce and reduce by half, reduce the heat then return the onions to the pan and keep warm.

Step 2

Cook the pasta to the packet instructions in a large pan of boiling water along with 1 tbs Kikkoman soy sauce, drain and set aside.

Step 3

Meanwhile to make the bechamel sauce, melt the butter over a med heat, then whisk in the flour and cook for 2-3 mins, gradually pour in the milk and continue whisking until thickened and smooth. Season with 1 tbs Kikkoman soy sauce, mustard and a good twisting of black pepper. Pour this into the mushroom pan and combine with 1/2 of the parmesan cheese and the cooked pasta. Pour this into a baking dish and top with the remaining parmesan cheese and the breadcrumbs. Bake in a pre heated oven set at 200c/180c fan/gas mark 6 for 20 mins, serve and garnish with some flat leaf parsley.