KIKKOMAN

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
	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.