

# 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

<u>Kikkoman Naturally</u>

<u>Brewed Soy Sauce</u>

**300 g** farfalle pasta

#### **Bechamel sauce:**

50 g unsalted butter50 g plain flour400 ml milk

1 tbsp Kikkoman Naturally
Brewed Soy Sauce

**1 tsp** Dijon mustard

black pepper

**60 g** parmesan cheese, grated

20 g <u>Kikkoman Panko -</u>

<u>Japanese style crispy</u> <u>bread crumbs</u>

**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.