



Pasta Bake - Vegan

1 Packet Orgran Rice Pasta
1 Cup dried shitake mushrooms
1 Celery Stick, chopped
1 Carrot, chopped
1 small Head of Broccoli
2 Onions, sliced
3 tbs Orgran Gravy Mix
2 cups of water
Seasoning :- 2 tbs Olive Oil

Wash then soak the dried mushrooms in boiling water for half an hour, drain and keep the water.

Lightly steam the carrot and broccoli. Cook your pasta according to instructions, then drain and set aside.

Place the cooked pasta and vegetables in a large bowl and set aside, while you prepare the gravy.

In a medium saucepan, heat 2ths of Olive Oil. Add the sliced onions and allow to cook on low, until very soft and juicy.

Stir the gravy mix into the 2 cups of water or alternatively, use the excess water from the mushrooms for this. Add the onion, stirring all the time, until this is thickened and brought to the boil. Take of the heat and add your pasta and vegetables. Season to taste. Stir everything together well and leave it to sit while you prepare the topping.

The Topping

2 cups Orgran Crumbs
1 cup Orgran Plain Flour
1 cup chopped parsley
3 cloves of garlic
Half cup olive oil
1+half to 2 cups of water
Seasoning optional

Place the crumbs, flour and any seasoning in a bowl and rub through the olive oil. Stir in the parsley and the crushed garlic and mix well.

Stir in the 1+half cups of water initially and only use the extra water if the topping is too dry. Allow it to sit for a few minutes.

Place your vegetables in a lasagna dish and then crumble the topping on top. When it is covered press the topping lightly for a smooth finish.

Bake in a pre-heated oven 180oC oven for 20 -25 minutes.