

## **INGREDIENTS**





500g high-fibre

or wholegrain

pasta

2/3 cup panko

breadcrumbs



1 large zucchini, roughly chopped

1/2 head cauliflower,

cut into small florets

1/3 cup grated

parmesan cheese



3/4 cup milk



2 tbsp

olive oil

Tablespoon: tbsp

1 tsp onion flakes



Teaspoon: tsp

Salt



cumin

1 tsp

Pepper

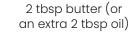


cloves, minced





1 onion, finely chopped



2 tbsp plain or corn flour



garlic powder

**Indigenous** additions and swaps

- Swap salt for saltbush flakes
- Swap pepper for ground pepperberry
- Add 2 tbsp ground bush tomato in Step 5.

## Tips and variations

- Chop vegetables finely if you want to sneak them in for kids.
- Halve the recipe for smaller portions or double the cheese sauce for a richer flavour.
- Use any pasta type (gluten-free, wholemeal, or regular).
- Swap to low-fat, high-protein, lactose-free, or dairy-free options as needed.
- Add any extra vegetables you have on hand.
- Use a high smoke point oil such as olive, canola, or grapeseed.
- · Make the cheese sauce in the microwave or on the stove, whichever works best for you.
- Optional Add 1/2 1 tsp cayenne pepper in step 2.



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Step 1: Cook pasta and prepare vegetables

Preheat oven to 180°C. Cook 500g pasta according to packet instructions, then drain and set aside. Chop 1/2 cauliflower and 1 zucchini into small pieces.



Step 4: Combine

Mix the pasta, fried vegetables and cheese sauce together and add to an oven dish or tray.



Step 2: Cook vegetables

Heat 2 tbsp oil in a pan. Add 1 tsp cumin and a pinch of salt and pepper. Add 1 chopped onion and 3 minced garlic cloves, cook for 4–5 minutess. Add the cauliflower and zucchini, cover and cook for 10 minutes until soft.



Step 5: Add breadcrumb topping

Mix 2/3 cup breadcrumbs, 1 tsp garlic powder, 1 tsp onion flakes, 1 tsp salt, 1 tsp pepper, 2 tablespoons of bush tomato (optional) and 1/3 cup parmesan. Sprinkle on top.



Step 3: Make the cheese sauce

In a microwave-safe jug, mix 2 tbsp butter or oil with 3/4 cup milk. Heat for 1 minutes, then stir in 2 tbsp flour. Heat for another 30 seconds, season with salt and pepper, and add 1 cup grated cheese. Heat again until smooth and melted. The mix will start to thicken.



Step 6: Bake until golden

Place dish under the grill or in an oven for 5-10 minutes until breadcrumbs are golden and crunchy. Serve and enjoy!