

Like it? Make it!

What you'll need

- 1 tbsp olive oil • 1 red pepper
- 1 large courgette • 1 red onion
- 1 medium aubergine • 10g chestnut mushrooms • 1 red chilli • 2 garlic cloves • 400g chopped tomatoes
- 300ml vegetable stock • 1 tbsp sundried tomato purée • 50g fresh breadcrumbs • 50g mature Cheddar cheese • 1 mozzarella ball • 6 sheets lasagne • 50g sunflower seeds • Sharp knife • Cheese grater • Wooden spoon • Ovenproof dish • Deep frying pan

VEGGIE PASTA BAKE

Super-chef, Annabel Karmel, shares one of her favourite pasta recipes with NG Kids – and it's totally yummy!

Start here!



1 First, slice the aubergine into 2cm cubes, and cut the red pepper and courgette into 1cm cubes. Now peel the skin off the onion and chop into wedges. Then slice the mushrooms, crush the garlic and finely dice the red chilli.



2 Preheat the oven to 200°C. Next, heat the oil in a deep frying pan, add the aubergine and fry over a high heat for 4 to 5 minutes until lightly golden. Now add the remaining vegetables, garlic and chilli, and cook for another 5 minutes.



3 Now, add the tomatoes, stock and sundried tomato purée, and bring to the boil. Next, cover the pan with a lid and simmer for 20 to 25 minutes, or until the vegetables have softened.



4 Next, spoon one quarter of the vegetable sauce into the ovenproof dish, sprinkle on grated Cheddar and cubed mozzarella, and then place two sheets of lasagne on top. Repeat this step until you have three layers of pasta and four layers of the sauce.



5 Sprinkle breadcrumbs and sunflower seeds on top of the lasagne, then put the dish in the oven to bake for 25 to 30 minutes. Once it's golden on top and the pasta is cooked through in the middle, it's ready to serve. Scrummy!

Remember! Always ask an adult to help you in the kitchen and be very careful with sharp knives and hot pans!



FATHER'S DAY FUN

Why not surprise your dad – or someone special, like your grandad or uncle – with one of these top treats this Father's Day?



Breakfast fit for a... dad
For a special treat on Father's Day, surprise Dad with breakfast in bed! Ask your mum or an

older brother or sister to help. You could make anything, from a fruit salad to pancakes!

Footy fever!

If your dad loves football, you could make him a special supporter's cap. Simply find a plain cap and then decorate it with your dad's team's colours, using buttons, ribbons and felt-tip pens. Your dad can wear it each time he watches a game!



Rhyming time

To show your dad how much you care, write a poem, telling him why you think he's so great. You could also draw pictures around your poem, or decorate it with paint and glitter to make it look extra special!



PERFECT PASTA

If this dish has inspired you to make even more scrummy dishes, look out for *Annabel Karmel's Top 100 Pasta Dishes!* This fab new book is full of delicious pasta recipes, just like the Veggie Pasta Bake, that are fun and easy for you to make.

To find out more about this book and her other tasty titles, go to annabelkarmel.com



About 1,100 bees would have to collect nectar from four million flowers to make 1kg of honey...