



Turkey Pasta Bake

1 Onion, finely diced
3 garlic gloves
1 red chilli deseeded and thinly sliced
1 tsp chilli flakes
1 tsp cinnamon
1lb Turkey Mince
400g can of tomatoes
12 oz fat free natural yogurt
2 eggs
Salt & Pepper
Low fat grated cheese
Fresh Parsley

Method

- 1 Preheat your oven to 200/400f/Gas 6. Spray a large non stick pan with oil and place over a medium heat. Add the onion, garlic, red chilli and chilli flakes and stir fry for 2-3 minutes.
- 2 Add Cinnamon and turkey mince and fry for 3-4 minutes, then add the tomatoes and bring to the boil. Reduce the heat to low and season, cook covered for 20 minutes. Pour into an oven proof dish.
- 3 Cook the pasta shells according to the packet instructions and drain. Pour over the cooked mince, stir pasta into mince.

- 4 To make the topping beat the eggs and yogurt together season and spoon over the pasta mixture. Sprinkle over the cheese and bake for 25 minutes. Scatter fresh parsley on the top and serve.