



# Mini baked pasta cups

35'

Hands on

15'

Cook Time

6

Portion(s)

2

Difficulty



## Method

For the pasta

- In a [pot](#) with boiling water, add some salt and the pasta. Boil for 2 minutes less than the packet's instructions.
- Drain, transfer to a bowl and add the parsley, the thyme, the feta crumbled into pieces, the egg, and mix. Set aside.

For the ground beef

- Place a [frying pan](#) over high heat and add the olive oil.
- Add the ground beef and sauté until golden brown.
- Add the onion and the garlic finely chopped, and let them caramelize.
- Add the cinnamon, the nutmeg, the thyme, the tomato paste, and sauté.
- Add the bay leaf, deglaze the pan with the wine, and as soon as it evaporates, add the canned tomatoes, salt, pepper, and stir.
- Simmer for 3-5 minutes at medium-low heat.
- Remove from the heat, add the parsley, and mix. Set aside.

To assemble

- Preheat the oven to 200° C (390° F) set to fan.
- Grease 6 cups of a [12-cup muffin pan](#). Leave empty cups in between.
- Divide the pasta among the 6 cups, creating a nest with your fingers.
- Share the ground beef and the bechamel sauce so to cover the whole surface of the cups.
- Sprinkle with the gruyere cheese and bake for 15 minutes. Let them cool and serve with rocket leaves.

## Ingredients

For the pasta

- 150 g bucatini pasta
- salt
- 1 tablespoon(s) parsley
- 1 tablespoon(s) thyme
- 80 g feta cheese
- 1 egg, medium

For the ground beef

- 2 tablespoon(s) olive oil
- 250 g ground beef
- 1 onion
- 1 teaspoon(s) granulated sugar
- 1 clove(s) of garlic
- 1/2 teaspoon(s) cinnamon
- 1/4 teaspoon(s) nutmeg
- 1 tablespoon(s) thyme
- 1 teaspoon(s) tomato paste
- 1 bay leaf
- 30 g red wine
- 150 g canned tomatoes
- salt
- pepper
- 2 tablespoon(s) parsley

To assemble

- 400 g [béchamel sauce](#)
- 50 g gruyere cheese

To serve

- rocket

## Διατροφικός πίνακας

Nutrition information per portion

450 Calories (kcal)	26.0 Total Fat (g)	12.0 Saturated Fat (g)	32.0 Total Carbs (g)
23%	37%	60%	12%
7.4 Sugars (g)	21.0 Protein (g)	3.5 Fibre (g)	2.3 Sodium (g)
8%	42%	14%	38%