



Light ground turkey pasta bake – Pastitsio

30'
Hands on

40'
Cook Time

8-10
Portion(s)

2
Difficulty



Method

For the ground turkey

- Place a **pot** over high heat and add the olive oil.
- Add the onion, the carrot, the pepper and the garlic finely chopped, the cumin, and sauté for 1-2 minutes.
- Add the ground turkey, salt, pepper, and sauté for 1-2 minutes until the meat is golden brown.
- Add the tomato paste and sauté. Add the canned tomatoes, the parsley finely chopped, and stir.
- Simmer for 10 minutes on medium heat. Remove and set aside.

For the bechamel sauce

- Place a pot over medium heat and add the olive oil.
- Add the flour and whisk well until the whole flour is absorbed.
- Add the milk in batches by whisking constantly until it thickens and comes to a boil. Add the nutmeg, pepper, salt, and mix.
- Turn off the heat and add the yolk, the cheese, and whisk until the cheese melts.

For the pasta

- In a pot with salted boiling water, add the bucatini. Boil for 2 minutes less than the packet's instructions.
- Remove from the heat and drain.

To assemble

- Preheat the oven to 180° C (350° F) set to fan.
- Add the pasta into a 25x35 cm ovenproof baking dish. Add 100 g of the cheese, pepper, the parsley finely chopped, the egg and the egg white beaten, and mix well with a serving spoon.
- Add a ladleful of the bechamel sauce into the ground turkey and mix. Spread the meat on top of the pasta. Make sure to cover the whole surface of the bucatini with the ground turkey.
- Spread the whole bechamel sauce over the ground turkey, add 50 g cheese, and bake for 30-40 minutes until golden.
- Serve with parsley.

Ingredients

For the ground turkey

- 1-2 tablespoon(s) olive oil
- 1 onion
- 1 carrot
- 1 red bell pepper
- 1 clove(s) of garlic
- 1 teaspoon(s) cumin
- 800 g ground turkey
- salt
- pepper
- 1 tablespoon(s) tomato paste
- 400 g canned tomatoes
- 1/4 bunch parsley

For the bechamel sauce

- 100 g olive oil
- 100 g all-purpose flour
- 1 liter milk, light
- 1 pinch nutmeg
- salt
- pepper
- 1 egg yolk, from a medium egg
- 100 g light cheese

For the pasta

- 500 g bucatini pasta, whole-wheat
- salt

To assemble

- 200 g light cheese
- pepper
- 1/4 bunch parsley
- 1 egg, medium
- 1 egg white, from a medium egg

To serve

- parsley

Διατροφικός πίνακας

Nutrition information per portion

557 Calories (kcal)	24.0 Total Fat (g)	6.5 Saturated Fat (g)	47.0 Total Carbs (g)
28%	34%	33%	18%
11.0 Sugars (g)	35.0 Protein (g)	7.0 Fibre (g)	1.9 Sodium (g)
12%	70%	28%	32%