
TIMPANA (MALTESE BOLOGNESE BAKE)

PREP TIME: 10 mins | COOK TIME: 0H 25 mins | TOTAL TIME: 0H 35 mins | SERVES: 4-6



EQUIPMENT & TOOLS

2 10 inch pie dishes , bowl, pot to boil pasta

Note: check the diameter of the pastry sheet you are buying to make sure t fits your dish

INGREDIENT SWAP

This may be baked without the pie crust too.

INGREDIENTS

bolognese (cooked), for 4*

500g wholemeal rigatoni pasta,
boiled

2 sheets ready-made pie crusts
(round)

spray oil

*if you've been with us a while then you probably already have this bolognese recipes in the freezer. If not, we're sharing this recipe too. It only takes a few minutes of hands-on work to prepare!

METHOD

1. Preheat oven to gas mark 5 - 190C - 375F.
 2. Spray the insides of your dishes with oil.
 3. Line the dishes with the pie crust sheets.
 4. Combine the pasta with the bolognese in a bowl.
 5. Fill each pie dish with the pasta mixture.
 6. Gently fold over the excess pie crust so it folds over the pasts.
- Bake for 20 minutes until golden.

ENJOY!

BATCH COOKING & FREEZING TIP

Extras are ideal for lunch.

NUTRITIONIST RECOMMENDATIONS

Our nutritionist, Fleur Bugeja, recommends the following



BALANCED RECIPE

This recipe is approved as balanced.



WATCH YOUR WEIGHT

The pastry in this meal can be high in saturated fat. Even better, switch your pastry from shortcrust or puff to filo. This is the lowest-fat pastry by far, with 2.9g fat per 100g. Filo pastry is the lowest-calorie option too, and it's easy to use. You can also make your own dough by mixing in a 1:1 ratio wholemeal flour and plain flour, and add oil and water. Alternatively, bake without the crust.

MEAT-FREE

Swap the mince for lentils. The base recipe is supplied in the recipe card 'Big batch bolognese'.

DAIRY-FREE & LACTOSE-FREE

Use dairy or lactose-free cheese.

GLUTEN-FREE

Opt for a gluten-free pie crust, or bake without a crust.