



# Creamy vegetable pasta

## **Ingredients:**

350 ml milk

50g flour

50g margarine

75g cheddar cheese

Salt and pepper

200g pasta shapes

**Choose 2 from the following:** - (Think about colour)

1 green, yellow or red pepper

75g sliced mushrooms

1 courgette

50g tinned sweet corn

**Container to take it home in**

## **Method:**

1. Put water onto boil for pasta.
2. Cook pasta in water for 10-15 minutes.
3. Prepare and cut up vegetables.
4. Grate cheese.
5. Ensure pasta is cooked - 'al dente'.
6. Drain pasta and put into your container.
7. In the same saucepan cook vegetables in butter until soft, stirring with a wooden spoon.
8. Take vegetables off the heat and add the flour, stir and gradually add milk until it thickens.
9. Add any seasonings, frozen vegetable or sweetcorn
10. Cook for 5-10 minutes on a low heat.
11. Ensure vegetables are cooked, Add cheese and stir.
12. Pour sauce over the pasta and put into your container.