

COOKING UP

CHEESY 3 VEG PASTA

The perfect comforting supper, tasty and healthy too!

SERVES 4 

INGREDIENTS

1 leek, trimmed and thinly sliced
Small head of broccoli or ½ a large one (approximately 300g)
3 tablespoons frozen peas, defrosted
400g dried pasta such as macaroni or penne
30g butter or margarine
30g plain flour
1 tablespoon French mustard
400ml semi-skimmed milk
120g cheddar cheese
Salt and pepper

EQUIPMENT

Knife
Measuring spoons
Wooden spoon
Grater
Measuring jug
Colander
Chopping board
1 large saucepan
1 medium saucepan

ALLERGENS

Milk, Gluten, Mustard

TIPS

Try adding some tinned tuna or cooked chicken.

If you are making this ahead, to avoid the pasta continuing to absorb the sauce, cook the pasta and then add a little bit of the sauce so it doesn't stick too much and then let it cool down. Once the pasta is cool, add the rest of the sauce.



METHOD

- 1 Prepare the vegetables: chop the broccoli stalk into small cubes. Separate the head of the broccoli into florets and chop into bite-sized pieces. Slice off the root end and tough green top of the leek. Remove the outer layer and slice in half lengthways. Wash the leek, open the layers and wash between them (dirt often collects between the outer layers of leeks). Slice finely.
- 2 Grate the cheese.
- 3 Gently melt the butter in a medium saucepan over a low heat and add the leek and broccoli stalk pieces. Cover and cook for approximately 10 minutes, stirring regularly until the leeks are tender. Add the flour, cook for 1 minute and then gradually add the milk, stirring all the while. Heat gently and keep stirring for approximately 5 minutes until the sauce has thickened into a smooth shiny sauce. Add the grated cheese and mustard and stir well. Season.
- 4 Bring a large saucepan of water to the boil. Carefully add the pasta, bring back to the boil and cook for a couple of minutes under the cooking time on the packet instructions* until almost tender, then add the broccoli florets and peas and cook for a further 2/3 minutes.
- 5 Drain the pasta, combine with the cheesy veg sauce and serve.

*cooking times vary according to different types of pasta.



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