Cheese & Veg Pasta Bake

(Serves 4)

Preparation time = 35 mins

Cooking time = 20 - 30 mins

INGREDIENTS

- 300g low-fat soft cheese
- 250g pasta (wholegrain pasta if possible)
- A bunch of spring onions
- Large handful frozen veg e.g. carrots, peas, sweetcorn
- 3 x tablespoons crème fraiche
- 4 x tablespoons grated cheddar cheese
- 1 x teaspoon finely chopped parsley
- 1 x teaspoon Tabasco sauce
- 1 garlic clove
- Ground black pepper (optional)

EQUIPMENT

- Weighing scales
- Kettle
- Large saucepan
- Wooden spoon
- Mixing bowl
- Colander
- Measuring spoons
- Chopping board
- Sharp knife
- Garlic crusher
- Grater
- Ovenproof dish

Method

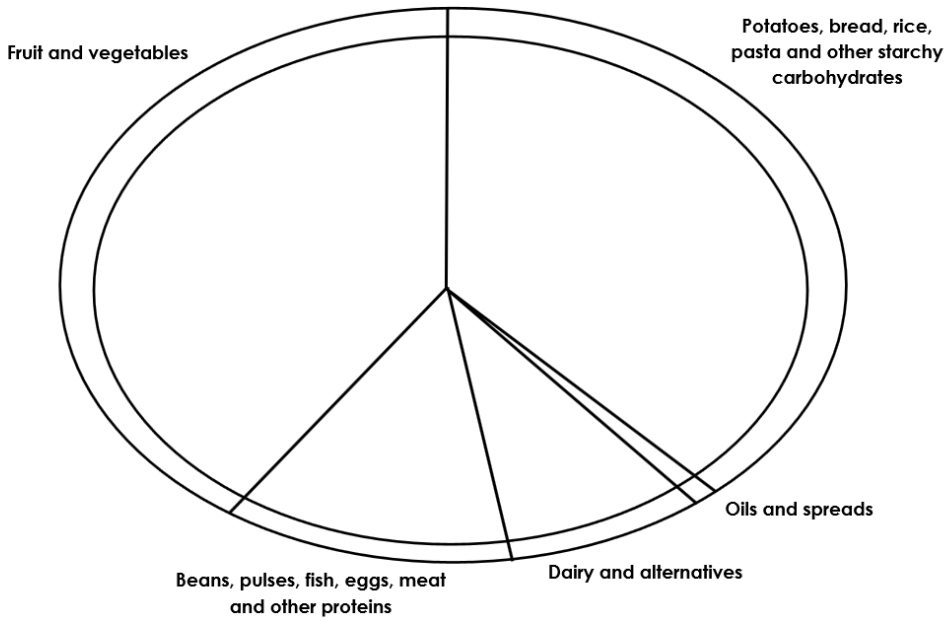
1. Preheat the oven to 180°C/160°C fan or gas mark 4.
2. Cook the pasta according to the instructions on the packet.
3. While the pasta is cooking prepare the sauce. Put the soft cheese and the crème fraiche into the mixing bowl. Add Tabasco sauce and black pepper to taste (if using).
4. Wash and top and tail the spring onions then finely chop (or cut with scissors) and add them to the cheese mixture.
5. Add the frozen vegetables
6. Crush the garlic and chop the parsley as finely as you can and add them into the bowl.
7. Stir the mixture carefully to combine the ingredients.
8. When the pasta is cooked, drain it in the colander.
9. Pour in the cheese mixture. Stir it well, so that the pasta is evenly coated with the sauce.
10. Now tip the pasta and sauce into the ovenproof dish. Using a wooden spoon spread out the pasta and make an even surface.
11. Sprinkle the grated cheese on top.
12. Bake in the oven for 20 - 30 minutes.

What skills have I learnt?

□ Weigh	□ Follow recipe	□ Open tin	□ Peel	□Knead
□ Cut	□ Spread	□ Grate	□ Break an egg	□ Mash
□ Stir	□ Blend	□ Mix	□ Fold	□ Beat
□ Grill	□ Chop	□ Bake	□ Whisk	□ Boil
□ Sieve	□ Pour	□ Roll	□ Rub	□ Frv

What food groups are used?

Refined high sugar and/or fat foods



The Taste Test!

Taste and rate the dish with your family and friends. Mark the taste, texture and appearance out of 5, with 5 being the best!

Name	Appearance (tick)					Taste (tick)					Texture (tick)				
	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5

Comments:

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Will you cook this dish at home?

Yes ☐ No ☐