

Pasta Bake Ingredients

150g pasta

25g plain flour

250ml milk

25g margarine

100g cheese

2 x 50g prepared vegetables *e.g. tinned sweet corn or frozen peas.*

75 - 100g of prepared meat *e.g. Ham, cooked chicken breast, tinned tuna.*

1/2 tsp of any herbs or spices *(optional)*



Method

1. Bring a pan of salted water to the boil and boil pasta for 10 minutes.

2. Grate cheese onto plate.

3. Open tins, chop meat etc

4. Mix cold milk, butter and flour in a sauce pan and heat on a medium heat. Stir continuously until it thickens.

5. Stir in most of the cheese .

6. Add the meat, vegetables herbs and spices you have chosen to use. Season with salt and pepper

7. Mix the cheese sauce and pasta together and pour into a baking dish. Sprinkle with the remaining cheese.

8. Place under the grill to brown the top or bake in the oven until golden and brown.