

# Pasta cheese and Vegetable Bake

## Without vegetables = Macaroni cheese

- **Ingredients**

- 100g pasta such as penne or macaroni
- 1 tablespoon (25g) margarine
- 1 tablespoon (25g) plain flour
- 75g cheddar cheese
- 250ml milk
- 50g fresh vegetables such as broccoli, leek, tomato, pepper
- Heaped tablespoon breadcrumbs

- **Method**

- 1. Bring pan of water to boil
- 2. Weigh pasta and add to pan
- 3. Measure margarine and place in small pan
- 4. Measure flour
- 5. Measure milk
- 6. Grate cheese
- 7. Gently melt margarine then add flour and stir well over a low heat. This is called a roux.
- 8. Gradually add the milk to the roux, stirring constantly so there are no lumps. Now it is a bechamel sauce. Simmer and stir until the sauce has a rich, smooth consistency and no lumps.
- 9. Turn heat off sauce. Add  $\frac{1}{2}$  grated cheese to the sauce.
- 10. Prepare vegetables: wash and slice or chop to similar small sizes. If using tomato slice it.
- 11. Just before pasta is done add vegetables like broccoli, leek, pepper to the boiling pasta. (Don't add tomato yet.)
- 12. When pasta is done drain in a colander. Add pasta to pan of sauce and mix in vegetables if cooked separately.
- 13. Put the pasta, vegetables and cheese into an ovenproof dish. If using tomato lay slices on top. Then sprinkle with the rest of the cheese mixed with breadcrumbs.
- 14. Bake at 200oC/gas mark 6 for about 15 minutes until the top is crisp and golden brown.