

Danny's cheesy veggie pasta



serves
1



prep
10



cook
10

what you'll need:

- 60g small pasta (like fusilli or penne)
- 30g grated cheese (cheddar or mozzarella)
- 30g mixed veggies (carrot, peas, or broccoli)
- 1 tbsp butter or olive oil
- 1 tsp butter
- 1 tsp flour
- 50ml milk
- Pinch of salt and pepper



what to do:

1. Cook the pasta as per the instructions.
2. Sauté the veggies in butter or olive oil until soft, set this aside when done.
3. In a separate pan add a 1 tsp of butter and once melted, 1 tsp of flour. Gradually add milk and seasoning, whisking until you have a thick sauce.
4. Add grated cheese and combine with cooked pasta and veggies.

top tip:

Pack into a lunchbox with a side of fruit or yogurt for a complete meal!

