

DINNER

CHEESY PASTA BAKE



SHOPPING LIST:

- 300g pasta
- 1 small cauliflower (approx. 320g)
- ¼ medium squash (approx. 150g)
- 1 large or 2 small carrots (approx. 120g)
- 320ml milk
- 170g cheddar cheese (120g for the sauce, 50g for the topping)
- 1 tsp mustard
- Salt
- Pepper
- 120ml water

COSTING: *58.5p per serving







NUTRITIONAL INFORMATION:

Calories: 531kcal | Carbohydrates: 63g | Sugar: 12g | Fat: 19g | Saturated fat: 10g | Protein: 24g | Fibre: 6.4g | Salt: 1.2g

The vegetables in this dish are a good source of vitamin C, which helps keep your skin, bones, and cartilage healthy.

Preparation time:	Cook time:	Servings:
20 mins	55 mins	4

DIRECTIONS:

		
1. Weight out your ingredients. Grate the cheese. Peel and chop your butternut squash and carrots. Remove the leaves from the cauliflower and chop up the florets and stalk.	2. Boil the vegetables until tender, drain and leave to cool for a few minutes. Then puree with 120ml water, you can use discarded cooking water for this. If more liquid is needed to help them blend, add a splash of the milk.	3. Cook the pasta until al dente.
		
4. Put the pureed vegetables in a pan over a medium heat. Add the milk, mustard, and 120g of cheese. Season with salt and pepper.	5. Drain the cooked pasta and add to the pan with the sauce. Give it a good mix and transfer to an oven proof dish.	6. Sprinkle the remaining cheese over the top of the pasta and cook the oven for 20 minutes or until golden on top. Serve and enjoy.

*average supermarket pricing as of March 2021

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