

## Speedy pasta with cheese sauce.



This is a very healthy and quick recipe making 3-4 adult portions  
(100g pasta per adult 65g per child portion 5-11 yrs.)

### Ingredients

- 1 onion (chopped)
- 1 red pepper (finely Chopped )
- 200g cream cheese (1 tub)
- 300g Penne pasta
- Salt & pepper as required
- 160ml Milk
- 50g grated Cheese
- 2 spring onions thinly sliced (optional)
- Vegetable/ rapeseed oil

## **Method**

Lightly fry the onions and peppers in the oil until soft and as much of the liquid has evaporated. (Tip; Use a medium size pan which is large enough to take the cooked pasta.)

Bring a pan of water to the boil and cook the pasta (approx. 12 mins) (add a small amount of oil to prevent sticking)

Add the milk to the onion and pepper mixture and heat gently and simmering.

Check the pasta is cooked and turn the pan heat off.

Add the cream cheese to the milk and stir in well whilst maintaining a gentle heat

Drain the pasta well and add it to the cheese mixture, mix well adding the spring onions if desired, serve with a sprinkling of cheese.

### **Note;**

**This is a basic dish and so adaptable, you can add any combination to boost up the protein of vegetable content , cooked meats and fish ( Chicken ,Tuna ,Peperoni) or your favourite cooked vegetables (Sweetcorn , peas, leeks, Broccoli ) etc.**

**Why not sprinkle it with a stronger flavoured cheese (Parmesan, Mexicana, Stilton or Applewood)**

**All these recipes have been put together for the children of  
Downside Primary school.**