Dinner

Cheesy Pasta with Peas and Sweetcorn

Tender pasta shapes, peas and sweetcorn get coated in a quick cheese sauce whisked up on the hob. Serve it straight away or finish it under the grill for a golden top.



Low sugar

10 min	424	55.9 g	9.4 g
time	calories	carbs	sugars

Ingredients, 2 servings

- [ ] 100 g quick-cook pasta shapes
- [ ] 80 g frozen or tinned peas
- [ ] 80 g frozen or tinned sweetcorn
- [ ] 15 g vegetable oil based spread
- [ ] 15 g plain flour
- [ ] 300 ml semi-skimmed milk
- [ ] 20 g Cheddar cheese, grated
- [ ] freshly ground black pepper

Method

- [ ] 1 Bring a pan of water to the boil and cook the quick-cook pasta shapes as the pack directs, adding the frozen or tinned peas and the frozen or tinned sweetcorn to the pan.
- [ ] 2 Drain the pasta and vegetables two minutes before the end of the cooking time.
- [ ] 3 Meanwhile, put the vegetable oil based spread, plain flour and semi-skimmed milk in a saucepan over a medium heat and whisk continuously until the sauce has thickened.
- [ ] 4 Stir the grated Cheddar cheese through the sauce and season with freshly ground black pepper to taste.
- [ ] 5 Tip the sauce over the drained pasta and vegetables, toss everything together and serve.
- [ ] 6 For a browned top, slide the dish under the grill for a few minutes instead of serving it straight away.

Nutrition Facts

Per serving

Calories	**424**
Total fat	12.8 g
Saturated fat	5.6 g
Sodium	Not listed
Total carbs	55.9 g
Fiber	5.7 g
Total sugars	9.4 g
Protein	18.6 g

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