

Creamy Cheesy Pasta

This delicious pasta dish is so quick and easy to make. Peas and peppers are combined with a tasty, creamy sauce.



Milk and wheat (gluten)*

Nutritional information per portion (369g):

Energy	Fat	Saturates	Sugars	Salt
1407kJ 335kcal 17%	13g 18%	5.7g 28%	6.5g 7%	0.36g 6%

of an adult's reference intake.
Typical values per 100g: energy 381kJ/91kcal.

Equipment

Weighing scales
Sharp knife
Chopping board
Garlic crusher
Clean, damp cloth
Grater
Small bowl or plate
Small saucepan
Colander x 2
Large saucepan x 2
Measuring spoons
Kettle
Wooden spoon
Pan stand

Ingredients

Serves 4

1 medium onion
1 clove garlic
200g mushrooms
1 red pepper
40g Parmesan OR reduced-fat Cheddar cheese
120g frozen peas
1 x 15ml spoon olive oil
300g penne pasta
200g reduced-fat cream cheese
Black pepper (optional)

*Presence of allergens can vary by brand – always check product labels. If you serve food outside the home you must make allergen information available when asked.



Top Tips

- Place the colander in the sink and use both hands to carefully tip the pasta into the colander. Retain the cooking liquid after you have drained the pasta and use to add to your sauce if required.
- Add fresh herbs such as thyme and chives for extra flavour, or you could use minted peas!

Creamy Cheesy Pasta

Method

1. Peel the onion and chop finely.
2. Peel and crush the garlic (or chop finely).
3. Wipe the mushrooms to remove any soil and then chop them finely into slices.
4. Wash and de-seed the pepper. Chop finely.
5. Grate the cheese and place in the small bowl, or on the plate.
6. Bring a small pan of water to the boil and cook the peas according to the instructions on the packet. Drain in a colander and run under the cold tap. Leave to cool.
7. Heat the oil in the large saucepan and add the chopped onion and garlic. Fry gently for 5 minutes until they start to soften.
8. Whilst the onions and garlic are cooking, boil some water in a kettle for the pasta. Weigh the pasta and cook, in a large saucepan, following the instructions on the packet. Once the pasta is cooked, remove from the heat and carefully drain in a colander, retaining some of the cooking liquid.
9. Once the onion and garlic are soft, add the mushrooms and red peppers and fry for 5 minutes or until the mushrooms are soft. Stir with a wooden spoon.
10. Add the cream cheese and drained peas to the pan and heat through gently, stirring well.
11. Add the grated cheese and stir until melted.
12. Stir in the drained cooked pasta.
13. Stir in 2 or 3 x 15ml spoons of the pasta cooking water to help loosen the sauce. Add a little more water if the sauce is too thick.
14. Add black pepper to taste (if using) and serve.

Something to try next time

- Try using courgette instead of peas. Wash 1 medium courgette and chop finely. Add to the pan with the mushrooms.
- Use half the quantity of peas and replace the other half with canned or frozen sweetcorn.
- Use any pasta shapes. Tricolour pasta would give the dish a real Italian feel.

Prepare now, eat later

- Use cooked peas from a previous meal if you have them leftover.
- Grate the cheese and weigh the pasta the day before.
- This dish is best eaten immediately.

Skills used include:

Weighing, measuring, chopping, crushing, grating, boiling/simmering and stir-frying.