

CREAMY BROCCOLI PASTA BAKE



This is a really tasty, quick and easy, family tea recipe made from basic store cupboard ingredients. No need for extra salt, but plenty of black pepper will boost the flavour and give it a bit of a kick!

Definitely go wholegrain on the pasta and bump up the veg content by throwing in whatever you've got (tinned mushrooms, frozen peppers etc.)



Skill Check: Follow a recipe; follow food safety & hygiene rules; tidy away; use a jug to measure liquids; use weighing scales; cut using the bridge/claw technique safely; use a tin opener safely; use a colander; use a hob/oven (with adult supervision).

Equipment: Hob, oven, weighing scales, chopping board, knife, large saucepan, colander/sieve, wooden spoon, measuring jug, tin opener, large oven proof dish, oven gloves.

Allergens*: Wheat | Gluten | Milk | May contain eggs

Ingredients (serves 4):

- 300g wholemeal pasta
- 1 can of Cream of Mushroom soup (405g)
- 100ml semi skimmed milk
- 320g broccoli florets, fresh or frozen
- 1/2 can of sweetcorn, drained (100g)
- 125g mozzarella cheese, grated
- 1/2 tsp black pepper

Method

1. Cook the pasta in a large saucepan as per the packet instructions, adding the broccoli florets for the last four minutes.
2. Preheat the oven to 180C/Gas Mark 4.
3. Drain the pasta and broccoli and return to the warm pan. Stir in the soup, milk, black pepper, sweetcorn and 100g of the mozzarella cheese. Give it a good mix and pour into a shallow ovenproof dish.
4. Sprinkle the remaining mozzarella over the top and place in the oven for 25 minutes, or until hot and bubbling.

* Please note the allergens listed are indicative only. Allergens vary depending on brand; check the labels on the products you use

CREAMY BROCCOLI PASTA BAKE Nutrition Information



The Eatwell guide shows the proportions of the main food groups that form a healthy, balanced diet:

- Eat at least 5 portions of a variety of fruit and vegetables every day
- Base meals on potatoes, bread, rice, pasta or other starchy carbohydrates; choosing wholegrain versions where possible
- Have some dairy or dairy alternatives; choosing lower fat and lower sugar options
- Eat some beans, pulses, fish, eggs, meat and other proteins (including 2 portions of fish every week, one of which should be oily)
- Choose unsaturated oils and spreads and eat in small amounts
- Drink 6-8 cups/glasses of fluid a day

So, thinking about Creamy Broccoli Pasta Bake...

Pasta is low in fat and a good source of starchy carbohydrate and fibre. Wholewheat varieties contain 2.5 times more fibre than white, and a diet rich in wholegrain has been shown to lower the risk of diabetes, heart disease and some cancers.

Vegetables are so good for us! Low in fat, sugar and calories and high in vitamins and minerals.

Mozzarella Cheese is lower in fat and salt than hard cheeses, but it should still be used sparingly.



Energy, sugar, fat and salt per serving

Per 342g serving

ENERGY
1762kJ / 419kcal **21%**

MED **FAT**
12.0g **17%**

LOW **SATURATES**
4.5g **23%**

LOW **SUGARS**
3.7g **4%**

MED **SALT**
1.2g **20%**

% of an adult's reference intake

Typical values per 100g : Energy 515kJ / 123kcal

Notes

A **traffic light system** is used on nutrition labels to make it easier to see which foods and drinks are lower in calories, fat, sugar and salt. Try and choose more 'greens' and 'ambers' and fewer 'reds', and stick to smaller portions of 'reds'.

Just because a recipe or a food has a red traffic light doesn't mean you shouldn't eat it. Understanding why a food or recipe might have a red light can be helpful. For example oily fish is high in total fat and so any recipe containing oily fish is likely to be 'red' for fat. But it is recommended that we eat oily fish at least once a week because the type of fat it contains is beneficial for our health.

% Reference Intakes are also shown. Reference Intakes are guidelines about the approximate amount of particular nutrients and energy required for a healthy diet (based on an average-sized woman doing an average amount of physical activity). Most children will require less than these Reference Intakes. The contribution of one serving of a food or drink to the Reference Intake for each nutrient is expressed as a percentage.