

**Get up &
go!**



Creamy cheese pasta

Makes 1 adult and 1 child portion (aged 3-4 years)

This 15-minute recipe uses one saucepan and is perfect for using up already cooked left over vegetables from previous meals.

Ingredients

- 100g dry pasta
- 35g cheddar cheese, grated
- 5 tablespoon frozen peas
- 5 tablespoon tinned/frozen sweetcorn
- 4 tablespoon cream cheese
- Pepper to taste
- Fresh basil to garnish (optional)



You could swap the cheddar for 3 tbsp tuna or 5 tbsp chickpeas/beans for a protein boost.

Equipment

Saucepan, strainer, knife, spoon, saucepan and scales.

Method

- 1 Boil the pasta in a saucepan for the specified time on the packet.
- 2 2-3 minutes before the pasta is fully cooked, add frozen peas to the same pan and boil for 2-3 minutes.
- 3 Drain the pasta and peas, then add the cream cheese straight to the warm pan.
- 4 Stir the mixture well, the warmth of the pan will melt the cream cheese into a sauce.
- 5 Add the rest of the ingredients to the pan (sweetcorn and cheddar or cooked tuna/pulses) and mix well.
- 6 Add black pepper and basil to taste and serve!

Handy tips

- This dish will last covered in the fridge for a few days. You could have leftovers for lunch with salad the next day – makes a nice change in lunch boxes!