



CHEESY PASTA

Serves 2

Ingredients

- 1/2 pack Low calorie soft cheese (eg Philadelphia)
- 1/2 vegetable stock cube to make 100ml stock
- Chopped vegetables (eg pepper, courgette, celery, mushrooms, frozen veg)
- ½ onion
- 150gm of dried pasta
- Slice of ham (optional)

Method

1. Put water on to boil (in a pan big enough to let the pasta double in size)
2. When water boils put pasta in to cook. Usually takes 10-12 minutes or you can check on the packet for timing. When ready will be soft enough to let you easily cut with the side of your fork
3. Finely chop onion and fry for about three minutes
4. Add in other vegetables (see above) and continue to fry for another five minutes
5. Add in stock and allow vegetables to simmer for five minutes, or until cooked through
6. Add Philadelphia cheese and stir until smooth
7. Add in ham (optional)
8. When pasta ready, drain and add into sauce

For a bit more taste you can add a little bit of wholegrain mustard, some honey, black pepper, some herbs.

