

August

BROCCOLI AND CHEESE PASTA FIESTA

Indulge in the vegetable delights of August

Pasta and Cheese are a reliable favourite for children, add a nutritious boost with the addition of Broccoli 'mini trees'



Broccoli is rich in many vitamins' minerals and fibre. To keep the immune system and gut in tip top working order.

RECIPE INGREDIENTS

Serves 4

- 300g Macaroni or any pasta shape
- 360g Broccoli (8 spears)
- 4 tablespoons Vegetable Margarine or Low Fat Spread (60g)
- 2 tablespoons Plain Flour (50g)
- 1 pint Milk (blue or green carton) (568mls)
- 5 tablespoons Grated Cheddar Cheese (whole or low fat) (120g)
- A pinch of Black Pepper

COOKING INSTRUCTION AND NOTES




1. Cook the pasta as instructed on packet.
2. Wash and chop the broccoli and boil or steam for 5 to 10 minutes.
3. Melt the vegetable spread, remove from heat, and stir into flour to make a thick paste.
4. Gradually add in the milk whilst gently heating until the sauce thickens.
5. Add in the cheese and black pepper.
6. Mix through the cooked broccoli and pasta and serve.

For children under 1 year of age: For infants requiring pureed or mashed texture the Mac& Cheese and Broccoli can be blended or fork mashed.

Serving Suggestions: Serve as a main meal or as a side dish alongside some baked fish or roast chicken.

Tips: Try using wholemeal pasta and flour to boost the fibre content. Wholemeal pasta will take a little longer to cook.

Food Labelling and Allergen Information

EU Label values per 100g					Serves 4	
	PER 100G	%RI	PER SERVING	%RI		
Energy(Kj)	503 kJ	6%	2220 kJ	26%	CONTAINS:  WHEAT  MILK	
Energy(kcal)	119 kcal	6%	527 kcal	26%		
Fat	3.1 g	4%	13 g	19%	MAY CONTAIN:  EGGS	
<i>of which saturates</i>	1.3 g	7%	5.8 g	29%		
Carbohydrate	16 g	6%	70 g	27%		
<i>of which sugars</i>	2.2 g	2%	9.6 g	11%		
Fibre	1.5 g	6%	6.8 g	27%		
Protein	6.3 g	13%	28 g	56%		
Salt	0.2 g	3%	0.87 g	15%		