

# Cheesy Broccoli Pasta

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### RECIPE

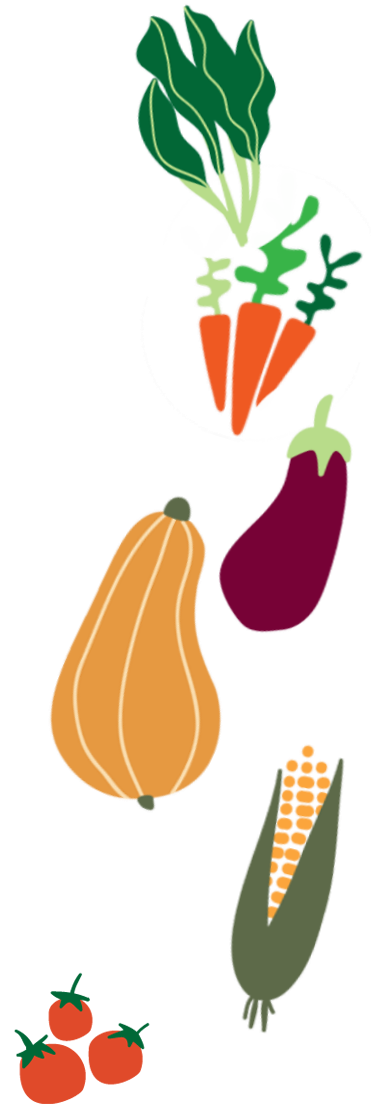
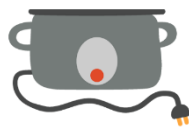
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This time saving recipe is a good way to get your kids to eat vegetables and make sure they enjoy eating it as well. Loaded with nutrients, this recipe is a crowd pleaser, especially on busy weeknights.

### INGREDIENTS

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- 🍅 1 packet pasta (500 g)
- 🍅 1 broccoli head
- 🍅 1 tbsp butter
- 🍅 1 tbsp flour
- 🍅 1½ cups milk
- 🍅 1 tbsp whole grain mustard (optional)
- 🍅 1 cup grated cheese



## DIRECTIONS

### 🍅 STEP 1

Cook the pasta, adding the broccoli for the final 4-5 mins and cooking until tender. Drain well, then heat the oven.

### 🍅 STEP 2

Heat the butter in a saucepan and stir in the flour. Cook for 1 min, then gradually add the milk, stirring well between each addition. Bring to the boil, stirring, then simmer for 2 mins, before stirring in the mustard, half the cheese and seasoning.

### 🍅 STEP 3

Mix the pasta and broccoli into the sauce and spoon into an ovenproof dish. Scatter over the remaining cheese and bake in the oven until golden and bubbling.

### TIP

A sprinkle of breadcrumbs, a few sprays of olive oil on top will give it an extra crunch.

