

Pasta Bake



Equipment

- 1 Saucepan
- 1 Whisk/wooden spoon
- 1 Oven proof dish
- 1 knife
- 1 Chopping board
- 1 Cheese grater
- 1 Tea towel to dry the washing up

50g Margarine

50g Plain Flour

550 ml or 1 pint of Milk

100g Cheese for the sauce and 50g Cheese for the topping

250g Pasta

50g of each of the following: Ham, Tuna, Sweetcorn

Salt and pepper with parental guidance

1. Remember to wash your hands well
2. Collect your equipment
3. Fill a saucepan half full with water and place it on the cooker. when ready get an adult to help you turn it on and stay safe.
4. When the water starts to boil you can add your pasta. Remember to keep checking it to make sure it does not boil dry.
5. Grate your cheese on the medium part of the grater, you do not want it to small of your grater can become clogged . keep in the two separate piles remembering which is for the sauce and which is for the topping.
6. Chop you ham in to small pieces and drain the liquid from your sweetcorn and tuna .
7. check you pasta you do not want it to be over soft. Drain in a colander over the sink with the support of an adult,or if you do not have one a sieve will do the same.
8. Allow it to drain.
9. You are going to reuse the saucepan to make the sauce.
10. In your saucepan you will add the milk, margarine and flour. Turn the heat back on and gently whisk or you can use a wooden spoon. Make sure you keep whisking all over not just in one place until the sauce starts to thicken and boil.
11. Turn the sauce off and add all the ingredients except the cheese for the top. Do not forget to add your pasta. IF YOU ARE GOING TO ADD ANY SALT OR PEPPER ASK AN ADULT FIRST.

12. Finally pour the mixture in to an oven proof dish and sprinkle with the remaining cheese.
13. Put it in the oven on approximately 160c until the top is golden.
14. Enjoy
15. This recipe can be made in advance if you want it for your tea later today or tomorrow. If this is the case, you just need to make sure you re- heat thoroughly.