

Roasted Vegetable and Pasta Medley



Ingredients for Medley:

100g Pasta

1 Red, Orange or Yellow Pepper: Remove the seeds and chop into strips

1 Courgette: Cut into batons



1 Onion: Cut into wedges

1 Small Sweet Potato or Parsnip: Peel and cut into cubes

2 Tablespoons of Oil: From School

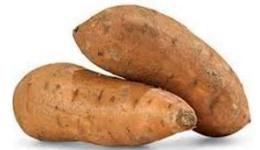
Pinch of Salt: From School

Pinch of Pepper: From School



Important Reminder:

Please bring an ovenproof dish to carry your roasted vegetable and pasta medley home in.



Ingredients for Béchamel Sauce Flavoured with Cheese:

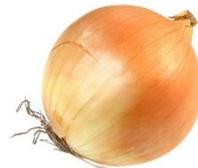
500ml Milk

100g Mature Cheddar Cheese

50g Unsalted Butter or Vegetable Fat Spread

50g Plain Flour

½ Teaspoon Dried Mustard Powder (Optional)



Method:

1. Preheat the oven to 200°C or Gas Mark 6.
2. Weigh and measure out all ingredients accurately.
3. On the back of the hob, bring a small saucepan of water to the boil. Then add the pasta and simmer for about 10-12 minutes. The pasta should be tender. Once cooked, drain the pasta using a colander. Place the cooked pasta in your ovenproof dish.
4. Prepare the vegetables:
 - Pepper: remove the seeds and chop into strips
 - Courgette: Cut into batons
 - Onion: Cut into wedges
 - Sweet Potato / Parsnip: Peel and cut into cubes
5. Spread the vegetables on a baking tray and drizzle the oil over them.
6. Add the seasoning (Salt and Pepper) and roast the vegetables in the oven for 25-30 minutes, turning them half way through. The vegetables should be roasted until they are browned (caramelised) and tender. Once they are cooked, add these to your ovenproof dish and turn off the oven.
7. For the béchamel sauce, you are going to use the roux method of making: Ensure all your ingredients are weighed out accurately and grate the cheese onto a plate.
8. Place a small saucepan at the front of the hob, DO NOT turn it on.
9. Place the butter into the saucepan; melt on a low heat stirring with a white plastic spoon. Once melted add the flour and mustard powder and continue heating it for 1 minute, stirring it all the time.
10. Remove the saucepan from the heat and place it on a pan stand.
11. Gradually add the milk a small amount at a time (roux method), stirring well each time to avoid any lumps forming, until all the milk has been added.
12. Put the saucepan back on the heat and stirring all the time, heat the sauce until it boils and thickens (the sauce should coat the back of the white plastic spoon and be smooth and glossy in appearance).
13. Remove the saucepan from the heat and place it on a pan stand. Add $\frac{3}{4}$ of the grated cheese. Stir until the cheese has melted.
14. Pour the béchamel sauce over the pasta and vegetables. Sprinkle the rest of the cheese on top.
15. Place the dish under a hot grill and heat until golden brown on the top.