

Roasted Vegetable and Pasta Bake

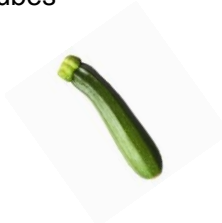
Shop Bought Pasta and All-In-One Cheese Sauce

Ingredients:

- 100g Shaped 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



Please bring an ovenproof dish to carry your product home in and some tin foil to cover at the end of the lesson.



Ingredients for All-In-One Sauce Flavoured with Cheese:

- 500ml Milk
- 100g Mature Cheddar Cheese
- 50g 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.
7. For the all-in-one cheese sauce: 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, plain flour, milk and mustard powder into the saucepan. Gently heat and stir continually with a balloon whisk. When the sauce reaches boiling point, gelatinisation occurs and the sauce will thicken.
10. Remove the saucepan from the heat and place it on a pan stand.
11. Add $\frac{3}{4}$ of the grated cheese, stir in using a white plastic stirring spoon. Stir until the cheese has melted.
12. Pour the all-in-one cheese sauce over the pasta and vegetables in the ovenproof dish. Sprinkle the rest of the cheese on top. Place the dish on a baking tray.
13. Place under the grill to melt the cheese and make the top go golden. DO NOT leave unattended when in the grill.
14. Serve.