

CREAMY CHEESY VEGETABLE PASTA



INGREDIENTS

3 cauliflower florets large, diced into 2cm cube pieces
100g pumpkin peeled, diced into 2cm cube pieces
100g green beans, diced into 2cm cube pieces
½ zucchini, diced into 2cm cube pieces
1 carrot, diced into 2cm cube pieces
3 broccoli florets, diced into 2cm cube pieces
50g peas and corn, frozen
1 tbs oil
1 onion brown, finely chopped
2 garlic cloves, finely chopped
1 cup stock liquid
1 cup cheese, grated
3 tbs cheese parmesan grated
½ cup cream
½ chives bunch, roughly chopped
½ parsley, bunch roughly chopped
250g pasta

PREPARATION TIME: 10 MINS

COOKING TIME: 20 MINS

SERVES: 4+

PREPARATION

Boil a large pot of water with a little salt and oil and cook your pasta until just soft. Drain and set aside.

METHOD

1. Steam all the vegetables (except garlic and onion) in the microwave or on the stovetop until just cooked.
2. Using a large saucepan, heat the oil on medium heat and add the garlic and onion.
3. Add the steamed vegetables and the stock, stirring for 2 mins or until simmering and the liquid stock has reduced.
4. Add cream, grated cheese, chopped parsley and chives to the mixture, reduce heat to low and gently stir to combine.
5. Serve with cooked pasta.

REHEATING, STORAGE & LEFTOVERS

Store leftover pasta and sauce in one- meal portion sizes in a container in the fridge for tomorrow's lunch or a labelled freezer container for another day.

To reheat, remove from container onto oven and microwave proof plate. Heat in microwave until centre is hot.

VARIATIONS & TIPS

You can use a variety of vegetables for this dish – the more the merrier!

NOTE

Always look for organic ingredients to be sure you are avoiding additives or check the label carefully to confirm there are no nasties in your ingredients.