

You can win
a Greggs voucher!
See below.

Cheesy pasta with peas

Feeds 4 Cost £1.71

- 1 package cheese sauce mix
- 1 litre UHT milk
- 1 tin peas
- 1 package penne pasta (500g)



Cooker Method

1. Prepare cheese sauce mix following package instructions.

Most of the milk is not needed for the sauce, so you can use it for drinking or cereal - and/or you can have some in a cup of tea.

2. Boil water in a large pot. Put the penne in the pot. Make sure the pasta is covered by the water while cooking. OPTIONAL Add a pinch or 2 of salt.

Stir the pasta occasionally.

Cook for recommended time on the package. Test for doneness by removing one piece, blow on it to cool it a bit and then bite it. If it is too hard, continue cooking.

3. Drain the peas – best done by opening the can, pushing the lid back down carefully and tipping upside down over a sink until no more liquid comes out.

If you have any left-over cooked vegetables, you can add them. (Raw vegetables? Pre-cook them in a pot with a bit of water.)

4. Add the peas to the cheese sauce. Stir them in and heat a bit to warm the peas.
5. Add the cooked pasta to the cheese sauce; stir well and serve.

Microwave Method

1. Prepare cheese sauce mix following package instructions.

Most of the milk is not needed for the sauce, so you can use it for drinking or cereal - and/or you can have some in a cup of tea.

2. Boil the kettle for the penne. Put penne in a microwavable bowl. Pour over boiling water until just covered and stir well.

3. Put into microwave and cook on full power for 4 minutes.

4. Remove the bowl and stir the penne. Add boiling water if needed to cover pasta. Cover (a plate will do), return to the microwave and cook on full power for another 4 minutes.

5. Take the bowl out of the microwave and leave to stand for 2 minutes.

Test for doneness by removing one piece, blow on it to cool it a bit and then bite it. If it is too hard, cook a bit more.

6. Drain the peas – best done by opening the can, pushing the lid back down carefully and tipping upside down over a sink until no more liquid comes out.

If you have any left-over cooked vegetables, you can add them. (Raw vegetables? Pre-cook them in a covered bowl with a bit of water.)

7. Add the peas to the cheese sauce. Stir them in and heat a bit to warm the peas.
8. Add the cooked pasta to the cheese sauce; stir well and serve.

Our meal kits use ingredients with a long shelf-life to ensure that the food is still in good condition when you cook the meal.

After you've tried it -- How did you like it?

Please take a moment to say what you liked or did not like about this meal kit, using the short survey at <https://forms.gle/qfGQ1pucRVh4WZot8> (you can scan the QR code with your phone) or write to us at **TorbayFACT@gmail.com**.



Two families that reply will win a Greggs voucher worth £20!

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