

# Delicious Dinners

## Fasta Pasta



### Marvellous macaroni cheese

#### Ingredients:

175g macaroni pasta  
60 grams frozen peas  
25 grams butter  
60 grams button mushrooms  
25 grams cornflour  
300ml semi-skimmed milk  
½ teaspoon Dijon mustard  
85 grams mature Cheddar  
Black pepper

#### Equipment:

Oven and oven gloves  
Weighing scales  
Knife  
Chopping board  
Cheese grater  
Pan  
Colander  
Spoons  
Oven proof dish



#### Method:

1. Preheat the oven to 200°C.
2. Cook the macaroni in boiling water according to the instructions on the packet. Add the frozen peas for the last 3 minutes of cooking time. Drain.
3. Thinly slice the mushrooms and grate the cheese.
4. Heat the butter in a pan over a medium heat, add mushrooms and sauté for 2 minutes.
5. Blend the cornflour with a little of the milk in a jug. Gradually add the remainder of the milk.
6. Gradually add the milk to the mushrooms in the pan, stirring continuously until the sauce just reaches the boil and has thickened.
7. Remove from the heat, stir in mustard, half the cheese and pepper to taste.
8. Stir in the macaroni and peas.
9. Spoon into an ovenproof dish, sprinkle the remaining cheese over the top.
10. Bake for 15-20 minutes until bubbling and golden brown.

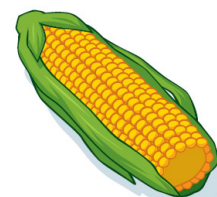
### Tuna and Sweetcorn Pasta

#### Ingredients:

175 grams pasta shapes  
1 tablespoon olive oil  
1 onion  
1 garlic clove  
1 tin chopped tomatoes  
1 tablespoon tomato puree  
125 grams sweetcorn  
1 tin tuna in spring water  
1 teaspoon dried basil

#### Equipment:

Pan  
Can opener  
Spoon  
Knife  
Chopping board  
Colander



#### Method:

1. Cook the pasta according to the instructions on the packet. Drain.
2. Finely chop onion and garlic.
3. Sauté the onion, garlic for 4 – 5 minutes until soft.
4. Add the tomatoes, tomato puree and sweetcorn and cook for a further 5 minutes.
5. Drain the tuna and flake into the pasta. Add the basil and stir through.
6. Combine the tuna mix and pasta and serve piping hot.