

Ingredients needed for: \_\_\_\_\_ Name: \_\_\_\_\_

## **WHITE SAUCE/PASTA BAKE**

### **Ingredients**

200g pasta  
30g butter  
30g plain flour  
250ml milk  
75g cheese  
Added ingredients such as tuna, ham,  
cooked bacon, spring onions,  
tomatoes, sweetcorn, etc.  
Container/baking dish

### **Equipment**

Saucepan  
Wooden spoon  
Colander/sieve  
Baking dish  
Grater  
Knife  
Chopping board  
Non slip mat

### **Method**

1. Preheat oven to Gas 5 or 180oC and collect equipment.
2. Bring a large pan of water to the boil. When boiling, add the pasta and cook for 8-10 minutes until 'al dente'.
3. Whilst the pasta is cooking, chop all of the meat and vegetables into bite-size pieces and grate the cheese. Set aside.
4. Drain the pasta and cool until cold water. Set aside.
5. Place flour, butter and milk into the pan.
6. Turn hob on medium and start to stir mixture.
7. Continue to stir while mixture thickens.
8. When it is bubbling, turn down heat and allow to simmer gently until thickened to the consistency of double cream.
9. Add seasoning, then stir in the cooked pasta and other ingredients.
10. Transfer to the baking dish, sprinkle with the grated cheese, then bake for 15-20 minutes until golden brown.