

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 or grill under a preheated grill for 5 minutes until golden brown.