

Cheesy Pasta Bake

Ingredients provided

200g pasta
200g cheese
450ml of milk

You'll need to add

30g butter or margarine
2 tablespoons of plain flour
Salt & pepper to season
Optional - paprika, mustard or nutmeg to taste

Directions

- Ask your grown up to heat the oven to 180 degrees
- Lightly grease an oven dish with some butter or margarine.
- Bring a large saucepan of water to the boil.
- Add the pasta and cook for about 8-10 minutes, until the pasta is just firm just starting to cook but firm to the bite, also called 'al dente'.
- Meanwhile make the 'roux' sauce. Melt the butter in a saucepan, add the flour and mix in to a smooth paste which leaves the sides and base of the pan cleanly.
- Cook on low heat for a minute or two to cook out the taste of the flour.
- Pour in 100ml of the milk and allow to boil without stirring.
- Stir the mixture until it blends smoothly and then gradually add in the remaining milk, beating vigorously after each addition until the sauce thickens.
- Add a pinch of salt and pepper and any extra seasoning to your sauce.
- Ask your grown up to drain the boiled water from the pasta.
- Add the pasta to the dish and lay some sliced or grated cheese over the top.
- Top with the roux sauce.
- Bake in the oven for approximately 30 minutes, or until the top is crisp and golden.