

Cheesy Broccoli Pasta Bake

Bialik College Kitchen Garden Program



Ingredients:

- 500g dry whole-wheat pasta (rigatoni, penne or fusilli)
- 2 heads of broccoli, cut into florets
- 2 tablespoons olive oil
- 1 clove of garlic, minced
- 2 tablespoons plain flour
- 2 cups of milk
- 1 tablespoon Dijon mustard
- 1 teaspoon salt
- ½ teaspoon paprika
- ½ teaspoon nutmeg
- 1 teaspoon salt
- 1 ½ cup cheddar cheese, grated

Equipment:

- chopping board
- cook's knife
- metric measuring spoons/cups
- measuring jug
- large stockpot
- large frypan
- colander
- grater
- whisk
- wooden spoon
- oven baking dish

Method:

1. Preheat oven to 180C.
2. Cook the pasta al dente according to the package directions. Add the broccoli florets to the boiling water for the last 4 minutes of cooking the pasta. Drain the pasta and broccoli, return to pot and set aside.
3. Meanwhile, heat the olive oil in a large frypan over medium heat. Add garlic and cook for a minute or two until golden.
4. Add the flour and whisk until smooth.
5. Add the milk, mustard, spices and salt and continue whisking for 1-2 minutes until the mixture thickens.
6. When the sauce begins to bubble, add 1 cup of cheddar cheese and stir until melted.
7. Add the cheesy sauce to the pasta and broccoli and stir until combined.
8. Pour pasta mixture into oven tray and sprinkle with remaining ½ cup of cheddar cheese.
9. Bake for 15-20 minutes or until the pasta is warmed through and the top is golden brown.