LC

THE LET'S COOK PROJECT

Easy Florentine Pasta

This delicious pasta dish is so quick and easy to make. The combination of mushrooms, spinach and cheese is an Italian classic but you can use whatever vegetables you have to hand.

Ingredients:

1 medium onion
1 clove garlic
200g mushrooms
250g fresh spinach or 125g cooked frozen spinach (defrosted)
40g cheddar cheese
120g frozen peas
1 x 15ml spoon oil
300g cooked pasta
200g cream cheese
Black pepper
Grated Nutmeg

Equipment:

Weighing scales
Sharp knife
Chopping board
Grater
Large frying pan
Measuring spoons
Wooden spoon

Instructions

1. Peel and finely chop the onion and garlic

2. Wipe the mushrooms to remove any soil and then chop them finely into slices

3. Grate the cheese and place to one side for later

4. Heat the oil in the frying pan and add the chopped onion and garlic. Fry gently for 5 minutes until they start to soften

5. Once the onion and garlic are soft, add the mushrooms and fry for 5 minutes or until the mushrooms are soft. Stir with a wooden spoon

6. If using thawed frozen spinach squeeze out any excess water before moving to the next step

10. Add the cream cheese, spinach and drained peas to the pan and heat through gently, stirring well

11. Add the grated cheese and stir until melted

12. Stir in the cooked pasta and heat through in the sauce

14. Add black pepper and grated nutmeg to taste and serve.

Skills used include:

Weighing, measuring, chopping, crushing, grating, boiling/simmering

ALLERGENS HIGLIGHTED IN BOLD

