

Creamy veggie pasta

Serves 4

Ingredients

- 1 teaspoon olive oil
- 6 spring onions
- 2 cloves garlic
- 1 head of broccoli
- 2 medium zucchinis
- 1 bunch spinach
- 375g can reduced fat evaporated milk
- 3 teaspoons corn flour
- 2½ cups uncooked pasta



Method

1. Chop onions. Crush garlic.
2. Cut broccoli into florets. Slice zucchini. Roughly chop spinach.
3. Cook pasta according to packet directions. Strain and set aside.
4. Heat oil in a frypan. Add onion and garlic and sauté until soft.
5. Add broccoli and zucchini and stir fry for 2 minutes then add the spinach and stir fry for a further 1 minute.
6. Add ¾ of the can of evaporated milk and stir until it starts to simmer.
7. Place the corn flour in a small bowl and gradually add the remaining evaporated milk whilst mixing until it forms a smooth paste.
8. Add the corn flour mix to the simmering pan and stir continuously until the sauce thickens.
9. Pour the cooked pasta into the pan and mix through.

NUTRITION INFORMATION		
Servings per recipe: 4		
Average serving size: 355g		
	Per serve	Per 100g
Kilojoules (kJ)	1547	436
Protein (g)	19.3	5.4
Total fat (g)	4.7	1.3
- Saturated fat (g)	1.7	0.5
Carbohydrates (g)	58.0	16.4
- Sugars (g)	12.3	3.5
Fibre (g)	8.0	2.3
Sodium (mg)	132	37

This recipe meets the **GREEN** criteria in the National Healthy School Canteen Guidelines.