

Pasta Bake with a white sauce

Ingredients

100g of pasta	$\frac{1}{4}$ tsp mustard
$\frac{1}{2}$ onion	A pinch of salt and pepper
1 garlic	100 ml double cream
1 piece of chicken	100ml milk
Oil	1 vegetable stock cube
A piece of cheese	1 heaped tablespoon of plain flour

Method

1. Cook the pasta and sieve when ready.
2. Cut up the onion and garlic really finely.
3. Grate the cheese
4. Add the onion and garlic cook for a few minutes
5. Add 100 ml of double cream - turn down your hob
6. Add 100ml of milk and flour mix well
7. Crumble the vegetable stock cube and mix
8. Add salt and pepper and mix well
9. Add the pasta and mix well.
10. Put it in an ovenproof dish
11. Sprinkle cheese on top and grill.