

Cheese and Ham Pasta

Ingredients

Cheese Sauce mix
½ pint milk
1 onion
1 clove of garlic
2 Mushrooms
150g Spaghetti
150g ham
Oil
Cheese (Optional)

How to Cook

Chop onions, garlic and mushrooms
Fry for 5 mins
set aside

Boil water,
add pasta,
bring to the boil,
cover and set aside

Add cheese sauce mix
Pour in milk gradually
Bring to the boil
Add onions, mushrooms and ham
Simmer for 5 mins

Drain pasta and mix in sauce
Serve with grated cheese (Optional)

Chicken and Broccoli Pasta

Ingredients

Chicken soup

¼ pint milk

1 onion

1 clove of garlic

2 Mushrooms

150g Spaghetti

Broccoli

Oil

Cheese (Optional)

How to Cook

Chop onions, garlic and mushrooms

Fry for 5 mins

set aside

Boil water,

add pasta,

bring to the boil,

add broccoli

cover and set aside

Add soup and ¼ can of milk to the onions and mushrooms

Bring to the boil

Simmer for 5 mins

Drain pasta and mix in sauce

Serve with grated cheese (Optional)

Ham and Mushroom Risotto

Ingredients

Chicken stock cube

1 onion

1 clove of garlic

2 Mushrooms

150g Rice

Ham

Oil

How to Cook

Boil ½ litre of water

Blanch broccoli for 2 mins, then remove

Add stock cube

Chop onions, garlic and mushrooms

Fry for 5 mins

Add the rice and fry for 2 mins

Add stock and bring to the boil

Add ham and

Add additional water as required

Simmer for 10 mins or until the rice is cooked.

Smoked Sausage Jambalaya

Ingredients

Chicken stock cube
1 tin of tomatoes
1 clove of garlic
1 Pepper
150g Rice
Smoked Sausage
1 tsp of chilli powder
500ml water
Oil

How to Cook

Boil ½ litre of water
Add stock cube

Chop pepper and garlic
Fry for 5 mins
Add the rice and chilli powder and fry for 2 mins
Add stock and tomatoes and bring to the boil
Add smoked sausage and
Add additional water as required
Simmer for 10 mins or until the rice is cooked.

Sausage and Pesto Pasta

Ingredients

Pesto

1 onion

1 clove of garlic

2 Mushrooms

150g Spaghetti

Smoked Sausage

Oil

How to Cook

Boil water,

add pasta,

bring to the boil,

cover and set aside

Chop onions, garlic, mushrooms and sausage

Fry for 5 mins, mix in pesto, heat through

Set aside

Drain pasta and mix in sauce