



Broccoli & cauliflower pasta

Prep: 20 minutes • Cook: 45 minutes • Serves: 2



Ingredients

150g dried pasta – any shape
200g broccoli florets, fresh or frozen
200g cauliflower florets, fresh or frozen
200g cream cheese
Black pepper
1 teaspoon dried mixed herbs
15g strong cheddar, grated
30g breadcrumbs

- 1** Preheat oven to 165°C. Bring a pan of water to the boil and add the pasta, cook for 5 minutes. Add the broccoli and cauliflower into the pan and cook for a further 8 minutes or until all cooked, then drain
- 2** Mix the black pepper and dried herbs into the cream cheese in a bowl.
- 3** Tip the pasta and vegetables into a baking dish and stir in the cream cheese mix. Sprinkle with breadcrumbs and cheddar cheese. Cook for 30 minutes until golden brown.
- 4** Remove from oven and rest for 5 minutes before serving

Nutritional info

Low phosphate ✓
Low potassium ✓
Low protein ✗
Low salt ✓
Low fat ✗

Cost per portion (October 2022) **£1.25**

Carbohydrate **78g**

Energy in kcals **655**