**Cheat’s cream pasta bake**

**Ingredients**

200g pasta shapes eg fusilli or penne

250g prepared vegetables eg broccoli florets, washed and sliced peppers

200g tub of low fat cream cheese (eg Philadelphia)

100ml milk

25g mature cheddar cheese, grated

salt and freshly ground black pepper

200g meat eg tin tuna chunks, smoked salmon, cooked ham

**Also bring apron, tea towel and ovenproof dish**

**Method**

1. Half-fill a large saucepan with water and bring it to the boil.
2. Add the pasta, return the water to the boil and cook for about 10 mins until just tender. Just before the end of the cooking time, add the vegetables to the pan and cook with the pasta for the final 2-3 minutes
3. Meanwhile, heat the cream cheese and milk in a saucepan over a medium heat stirring continuously until the mixture is just bubbling. Remove from heat.
4. (Grate cheese if you haven’t done so already)
5. Drain the pasta and vegetables in a large colander over the sink and transfer to an ovenproof dish (a lasagne dish is ideal). Sprinkle the meat over the top, on top of the pasta.
6. Stir the cheese sauce into the pasta mixture. Sprinkle with grated cheese.
7. Place the pasta bake under the hot grill for 4-5 minutes, or until the cheese melts and starts to turn golden-brown. Serve immediately.

(At home re-heat the pasta bake in an oven until piping hot)