



Easy Florentine Pasta (serves 4)

Peas are a good, **vegan source of iron**, which is needed for making new blood cells and transporting oxygen around the body, and **B vitamins** which help to convert the energy from food

Ingredients:

1 medium onion
 1 clove garlic
 200g / 8 - 10 mushrooms
 250g / 8 handfuls fresh spinach
40g Cheddar Cheese
 150g / 1 mug frozen peas
 1 dessertspoon oil
300g pasta
200g cream cheese
 Pinch Black Pepper
 ½ tsp Ground Nutmeg (optional)

Equipment:

Mug or Weighing Scales
 Sharp knife
 Chopping Board
 Large Frying Pan
 Wooden Spoon
 Large Saucepan

Instructions:

1. Peel and finely chop the onion and garlic
2. Wipe the mushrooms with damp paper towel to remove any soil and slice finely
3. Grate the cheddar cheese and set aside for later
4. Cook the pasta according to the instructions on the packet
5. Heat the oil in the frying pan, add the garlic and onion and fry gently for approximately 5 minutes or until soft. Add the mushrooms and cook for a further 5 minutes
6. Add the spinach, cream cheese and peas to the pan, stir to mix everything together and heat through
7. Add the grated cheddar, black pepper and nutmeg and stir until the cheese has melted. If the sauce to thicken simply add a splash of milk to thin it down.
8. Add the cooked pasta to the sauce, stir to combine and serve.



Skills used:

Weighing, measuring, chopping, crushing, grating, boiling, simmering

ALLERGENS HIGHLIGHTED IN BOLD