



TEX MEX CHEESY PASTA

<i>Ingredients</i>	<i>Equipment</i>
250 Grams Pasta/Gluten Free	2 Saucepans
45 Grams Butter/Nuttelex	Knives
1 Zucchini	Chopping Boards
4 Spring Onions	Garlic Crusher
3 Cloves Garlic	Spoon & Cup Measures
2 Tablespoons Plain Flour Gluten Free	Colander
1 Cup Water	Wooden Spoon
2 Massel Chicken or Vegetable Stock Cubes *	Whisk
1 Cup Milk Soy Milk	Grater
½ Cup Sour Cream/Omit	
100 Grams Parmesan Cheese/Omit	
2 Chillies	
1 Cup Diced Tomatoes	
½ Teaspoon Woolworths Ground Cumin *	
Salt & Pepper to taste	

***All spices used are Woolworths brand with no traces of nuts.**

***See 'Products used in Kitchen Classroom', on CPS Website.**

Products omitted as required.

What to do

- 1. Get out all required equipment**
- 2. Weigh and measure ingredients**
- 3. Bring a large pot of water to the boil. Cook pasta to al dente and drain in the colander.**
- 4. Top and tail spring onions and cut finely**
- 5. Top and tail zucchini and dice.**
- 6. Peel and crush the garlic**
- 7. Grate the cheese.**
- 8. Chop chilli finely**
- 9. Melt the butter in a saucepan over medium-high heat. Add the spring onions, chilli and garlic, cook until softened.**
- 10. Stir in 2 tablespoon plain flour and cook until the flour is completely combined and bubbling. Slowly whisk in the water, milk and sour cream.**
- 11. Crumble in the 2 chicken stock cubes.**
- 12. Cook until the sauce is thickened.**
- 13. Sprinkle in grated cheese and stir until melted. Stir in diced tomatoes, cumin, zucchini, salt and pepper to taste.**
- 14. Add the pasta to the sauce, toss to coat evenly.**
- 15. Serve warm with a sprinkle of chopped parsley.**