



## Food Explorer

### Bacon & sweetcorn pasta crunch

Serves 4, preparation and cooking time 1 hour.

Ingredient	Quantity
Pasta shapes	80g
Onion	1
UHT milk	375ml
Margarine	28g
Plain flour	28g
Grated cheese	35g
Mustard	1tsp
Bacon	140g
Sweetcorn	62g
Cornflakes	38g

#### Recipe

1. Peel the onion, leaving it whole place the onion in a pan with the milk and heat until almost simmering, do not boil.
2. To make the roux; in another pan melt the margarine then add the flour to make a paste over a low heat. Remove from the heat.
3. Gradually add the heated milk, a little at a time, to the roux, stirring all the time to prevent lumps. Discard the onion.
4. Add the mustard into the mixture, bring to the boil and simmer until thickened and cooked.
5. Add seasoning and taste to check sauce is cooked through. Add  $\frac{3}{4}$  of the cheese to the sauce.
6. Cook the pasta according to the pack instructions.
7. Whilst the pasta is cooking, dice the bacon and cook off in a pan.
8. Place the cooked/drained pasta into an ovenproof dish, add the bacon and sweetcorn then stir through.
9. Add the sauce to the pasta and mix well.
10. Lightly crush the cornflakes and mix them with the remaining cheese, sprinkle the mixture over the top of the pasta.
11. Bake at 180°C / Gas 5 for 30 mins or until centre is piping hot and top is golden.

#### ALLERGEN INFORMATION

Please check ingredients used for allergen information.