



GF Friendly

Cheese Onion & Mushroom Pasta

Pasta in a light-tasting, creamy cheese and onion sauce

You can boil the pasta and add one of those prepared sauces from the supermarket; but I'm never over-keen on the additives, so I came up with my own.

200g pasta
2 litres hot water
1 tsp salt (optional)

Sauce:

½ chopped onion
1 peeled and chopped mushroom
3 cups grated cheese, cheddar or other
1 rounded Tbsp plain flour
1 Tbsp olive oil (or other cooking oil)
25g margarine or butter
300ml milk
A pinch of cayenne pepper (optional)



Bring the water to the boil in a large pan, then add the pasta and salt (if using). Give this a good stir occasionally to ensure the pasta doesn't stick to the bottom. Once boiling, turn down the heat and partially cover. Slow boil this for about 10-12 minutes until the pasta is al dente (soft but sticks to the teeth). While the pasta is boiling, prepare the sauce.

Warm the margarine or butter with the oil in a medium pan until sizzling. Add the onion and mushroom and fry for about 5 minutes until softening. Remove from the heat, put in the flour and stir quickly to make a stiff paste. Cook this for 2 minutes to brown the flour slightly. Take off the heat and pour in just a little milk, stirring to combine and remove lumps. Add the rest of the milk **a bit at a time** while continuing to stir. If you sprinkle in the cayenne pepper now it will bring out the flavour of the cheese. Return to the heat and bring slowly to the boil, stirring constantly. Once it has, add 2½ cups of the cheese.

Drain the cooked pasta, pour on the sauce and toss to combine. Reheat while stirring for a minute; then serve in warmed bowls, topping each with the remaining cheese.

Makes 2 large serves

Tip: dried spices like cayenne pepper, and also dried herbs, keep for ages in sealed containers.

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