

STEP 6

- Add the cream cheese to the vegetables and 3-4 tbsp of water. Stir in to create a creamy sauce.



STEP 7

- Drain the water off the pasta and peas.
- Mix the pasta and peas in with your creamy vegetable sauce.

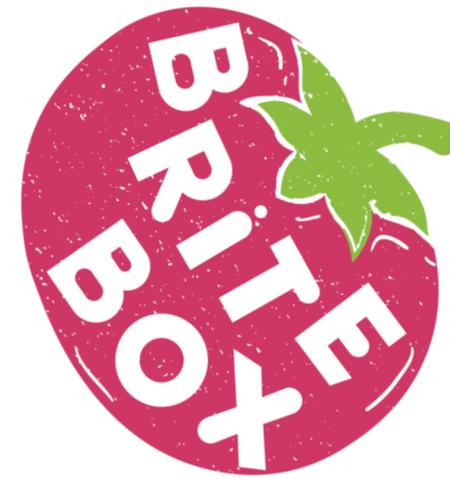


STEP 8

- Serve with a little chopped fresh basil on top.
- Enjoy!



Don't forget to ask your parents to join the 'BRITE Box Cooking Community' Facebook group to share photos, get **energy saving tips** and more recipes. Scan this code to join!



SPRING PASTA PRIMAVERA



INGREDIENTS

SERVES 5

2 tbsp (tablespoon) of oil*
1 leek, finely chopped
3 cloves of garlic, crushed or chopped
250g pasta - penne, fusilli or similar
1 large or 2 small courgettes
200g cherry tomatoes
200g frozen peas
1 tsp mixed herbs
3 heaped tbsp soft cheese with garlic and herbs
2 tbsp water*
Fresh basil to garnish (optional)

EQUIPMENT :
Chopping board, sharp knife, wooden spoon or spatula, frying pan, saucepan, spoon.

ALLERGENS: Dairy (soft cheese),
Gluten (pasta)

*not provided

Top tip – Add any spring veg chopped up small to this delicious pasta dish.

STEP 1

- Trim off the ends of the leek. Cut in half lengthways then chop into small pieces.
- Chop the courgettes into small pieces and quarter the cherry tomatoes.



STEP 2

- Heat the oil in a frying pan, add the leek and fry gently for 5 mins.
- Boil the kettle for the pasta, add the water and pasta to a pan and simmer gently for 12-14 mins.



STEP 3

- Add the courgettes and garlic to the leeks and gently fry to soften for 3-5 mins



STEP 4

- Stir in the cherry tomatoes and herbs. Gently fry for 3 mins.
- Season with salt and pepper.



STEP 5

- Add the peas to the pasta for the last few minutes of cooking.

