

Cheesy Veggie Spaghetti



Ingredients

- 250g broccoli / cauliflower florets
 - 100g frozen peas
- 100g frozen sweetcorn
 - 250g spaghetti
 - 3 tbsp flour
 - 3 tbsp butter
 - 600ml milk
- 100g cheese, grated

Methods

1. Put the veg and spaghetti into one pot and cover with water. Cook for 10 minutes.
2. Melt the butter in another pot.
3. Stir in the flour and cook off for 3 minutes.
4. Gradually whisk in the milk.
5. Bring to the boil then reduce the heat and simmer until the sauce is thick and glossy.
6. Remove from the heat and stir in the cheese.
7. Mix thoroughly and then add approx. 100ml of the spaghetti cooking water.
8. Pour over the drained spaghetti and veg.
9. Mix well and serve immediately.