Creamy spaghetti

Wholemeal pasta is higher in fibre keeping the children fuller for longer. Spinach is also high in vitamin A which supports the immune system!

Makes: 10 snack-sized portions • Preparation time: 25 minutes

Ingredients

- 1 tbsp olive oil
- 1 tbsp garlic paste (or 3 cloves)
- 1 pepper
- ½ bag of spinach (about 100g)
- 250g frozen peas
- 300g wholemeal spaghetti
- 150g crème fraiche (or 10 level tbsp)
- 200ml vegetable stock (½ stock cube)

Method

1. Boil the pasta as the instructions state on the packaging (usually around 15 minutes) and make up the stock.
2. Chop up the red pepper into small chunks and tear the spinach up.
3. Fry the oil, garlic and pepper on a medium heat until the pepper is softened.
4. Add the spinach and peas.
5. Once cooked, drain the pasta, and add this to the pan with the vegetables.
6. Add the crème fraiche and a splash of stock.
7. Continue to add the stock a splash at a time to loosen the pasta and make it saucy.

Equipment

- Chopping board
- Knife
- Large pan
- Mixing spoon
- Measuring jug
- Tablespoon

Top tips

- Use fresh pasta, it will be more expensive but will save you lots of time
- Add onion, broccoli, or any other vegetable for extra colour and nutrients
- Experiment with fresh herbs, like parsley, for extra flavour