

# Creamy fettuccini Feeds 2



## Ingredients

**Total of 10 serves of vegetables.**

- 1/2 cup chopped bacon
- 2 cups chopped mushrooms
- 1/2 cup creamed corn
- 2 cups rocket or chopped lettuce
- 1/2 cup chopped onions
- 1 cup frozen peas
- 1 cup milk
- 1 tablespoon Parmesan cheese
- 1 tablespoon plain flour
- 1/2 teaspoon mixed Italian herbs
- canola oil spray

## Equipment

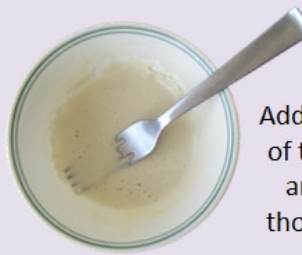


### 1 Prepare milk sauce

Add 1 tablespoon of flour and a quarter of the milk



Mix into a smooth paste



Add the rest of the milk and mix thoroughly



- Spray with canola oil
- Add bacon
- Fry
- Put in a bowl for later
- Add onions and garlic
- Add herbs and brown onions
- Add peas and cook for 5 minutes
- Add mushrooms and cook
- Add creamed corn and cook
- Add milk sauce





12 On low heat cook until sauce thickens

13 Add cooked bacon

14 Add 3 cups of cooked fettuccini pasta

15 Add 1 tablespoon of Parmesan cheese and stir



16 Put half the creamy fettuccini on a plate



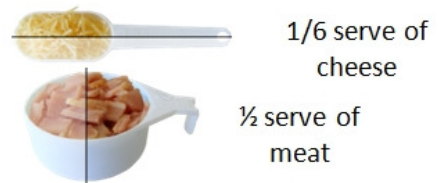
17 Arrange 1 cup of rocket or lettuce around the fettuccini



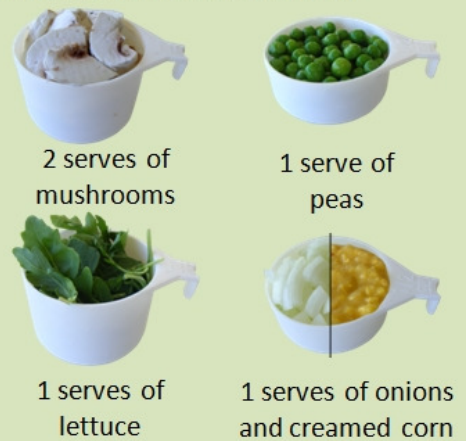
Food groups



Serves for one portion of pasta and sauce



Total of 5 serves of vegetables.



There is no need to print the following page when printing and using this resource

## Health Professional Facilitator Information

You must use your own professional judgement when using this resource

### **Purpose of resource:**

To support the delivery of practical cooking and nutrition education sessions that aim to develop basic cooking and food preparation skills.

### **Key skills:**

This resource could be used to support development of the following key cooking and food preparation skills:

- safe food handling
- safe knife handling
- safe hand washing techniques
- keeping a clean and tidy work area

### **Target group:**

This resource is designed to be used by Australians of all ages.

### **Notes:**

This resource is designed to be printed A3 size and then laminated, so that it can be used by participants at their cooking stations.

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