

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



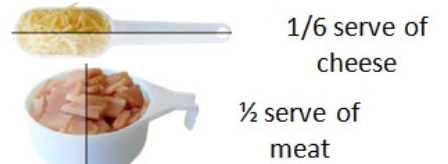
17 Arrange 1 cup of rocket or lettuce around the fettuccini



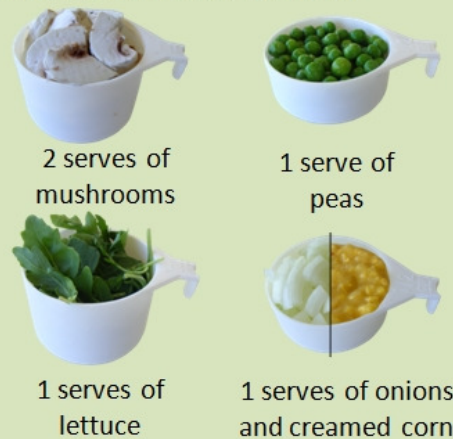
Good food plate



Serves for one portion of pasta and sauce



Total of 5 serves of vegetables.



1 serve of pasta is 3/4 of a cup

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

Health Professional Facilitator Information

You must at all times use your own professional judgement when using this resource

Purpose of resource:

To support the delivery of practical cooking and nutrition education sessions

Key skills:

This resource could be used to support development of the following skills:

- Independently follow a recipe.

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.

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