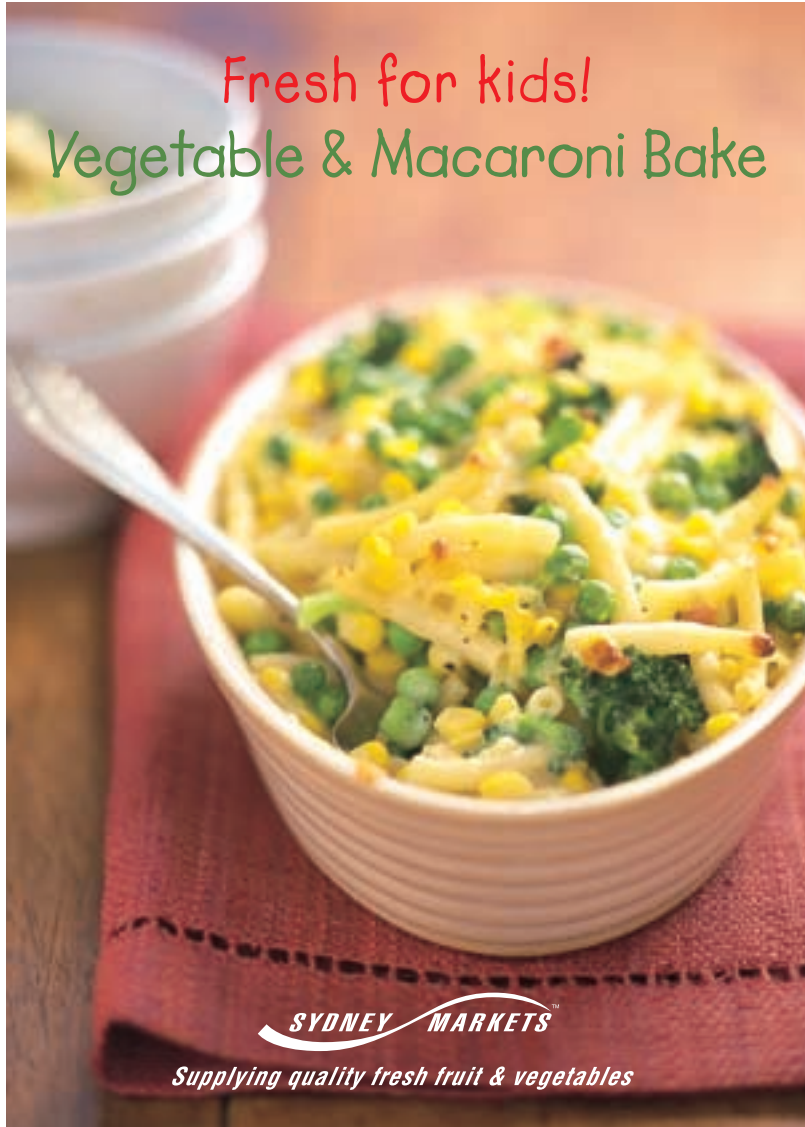


Fresh for kids!
Vegetable & Macaroni Bake



SYDNEY MARKETS

Supplying quality fresh fruit & vegetables

Fresh for kids! Vegetable & Macaroni Bake

Serves: 4–6
Preparation: 15 minutes
Cooking: 37 minutes

olive oil, for greasing
200g dried macaroni pasta
500g fresh peas, shelled
2 corn cobs, kernels removed
250g broccoli, cut into
small florets



420g can cream of chicken soup
 $\frac{3}{4}$ cup milk
salt and ground black pepper
1 cup grated mozzarella or
tasty cheese

1. Preheat oven to 200°C. Lightly grease a 6–8 cup ovenproof dish with oil.
2. Cook pasta in a large saucepan of boiling water, following packet directions, until al dente. Remove pasta with a slotted spoon to a colander and refresh under cold water. Set aside to drain.
3. Return the water in the pan to the boil over high heat. Add peas, corn and broccoli and cook for 3 minutes or until just tender. Drain and refresh under cold water. Set aside to drain.
4. Combine chicken soup and milk in a large mixing bowl and stir to combine. Add pasta, peas, corn and broccoli and salt and pepper to taste and toss to combine. Spoon mixture into the dish. Top with grated cheese and bake for 20 minutes. Cool slightly and serve.