

Take and Make

With Brathay

This week we have given you the ingredients for

MAIN: Creamy Cajun Pasta and DESSERT: Shortbread Biscuits

Before you start collect your equipment and wash your hands. Remember to tie back your hair whilst preparing food.

Creamy Cajun Pasta

1. Cook your pasta according to the packet instructions (approx. 50g per person)
2. While the pasta is cooking prepare your sauce..
3. Put Tomatoes, Spinach, and Cream Cheese into a large pan. (Add cream cheese as much or as little as you like depending on how creamy you like your pasta sauce) Add 1-2tbsp Cajun Seasoning. Stir gently to mix and simmer for 5 mins.
4. Drain the cooked pasta and add to the sauce mix. Stir to combine and then turn the heat back on and warm through for 5 more minutes. Taste and add salt and pepper if required.
5. Why not serve with the focaccia bread you already know how to make, or with a salad like in Week 1.

Shortbread Biscuits

1. Put 150g flour and 100g butter into a mixing bowl and rub with fingers until it looks like breadcrumbs.
2. Add 50g caster sugar then squeeze together to form a crumbly dough.
3. On a surface lightly dusted with flour rollout the dough until 1/2 cm thick then cut the dough into fingers and place on a baking sheet lined with baking/greaseproof paper.
4. Prick biscuits lightly with a fork and sprinkle with caster sugar. Chill dough in fridge for 20 minutes while the oven heats to 170°C (150°fan).
5. Bake for 15-20 minutes (until golden). Leave to cool for 10 minutes on the baking tray before eating.

Enjoy with a snack of healthy apple.

