

# Making a Roux Sauce



1 Put the kettle on to boil. Add 200g pasta to boiling water



2 Melt 25g butter/marg in a saucepan on a low heat



3 Whisk in 25g plain flour until you have a paste



4 Measure out 250ml milk.



5 Still on a low heat, gradually add milk, stirring continuously.



6 Continue stirring until sauce starts to thicken.



7 Add 50 g grated cheese.



8 Chop the broccoli into small pieces. Add to the pasta for the last 2 mins of cooking



9 Drain the pasta and veg



10 Add to the sauce and stir



11 Add 1/2tuna or 2 slices of ham and 1 tbsp sweetcorn

