

## Cheese and ham pasta with pumpkin



Serves	Prep Time	Cooking	Total Time	Calories
<b>4 people</b>				<b>481 kcal</b>

### Stuff that's in it:

- 25G Lurpack Lighter
- 20G Flour
- ½ Tsp Dijon Mustard
- 18G Parmesan
- 40Ml Skim Milk
- 280G Pumpkin (All Supermarkets Selling Now And So Cheap! )
- 150G Ham Joint (Cubed, Or Make Your Own By Cooking A Small Loin Of Pork)
  - Small Bunch Finely Chopped Chives
  - 50G Chopped Red Onion
  - 100G Chestnut Mushrooms
  - 55G Red Eat Lean Cheese
  - 45G Yellow Eat Lean Cheese Grated
  - 280G Dry Wholemeal Pasta
  - Fry Light

### What you do:

Put your pumpkin on to boil for around 15 mins until soft and your pasta until aldente, meanwhile make the cheese sauce.

Heat the Milk in the microwave, place the butter into a small saucepan and melt gently, whisk in the flour and make a paste, then gradually add the milk and simmer until it gets thicker.

Add the mustard and Parmesan and drop the red cheese in.

Stir on a low heat until all the cheese has melted. Put to one side.

Add the onion mushroom and garlic to a large pan with some fry light or a squirt of oil and gently sauté for a few minutes until softened.

Add the ham and fry for a couple of minutes until heated through, then add the pasta and stir and then add all the cheese sauce and stir until it's all combined. If it's too thick add a drop of milk to loosen.

Add the yellow grated cheese and top with the chives, ready!

### **Nutrition**

- Carbs: 58g
- Fat: 11g
- Protein: 32g

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