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Spaghetti with ham and broccoli sauce

Serves 4

500g spaghetti

30g butter

1tbsp plain flour

250ml milk

80ml cream

8 slices ham, cut into strips

1 cup broccoli florets, lightly cooked

salt and freshly ground pepper, to taste

chopped chives, to garnish

freshly grated parmesan or cheddar

cheese, to garnish

- 1 Cook the spaghetti as per instructions on the packet. Drain some of the cooking liquid to keep the spaghetti moist if it is not to be served immediately.
- 2 Next, make the white sauce. Melt half of the butter in a saucepan, stir in the flour and cook, stirring all the time, until smooth. Gradually add the milk, stirring continuously. Simmer until the sauce thickens, then stir in the cream. Keep warm.
- 3 Meanwhile, fry the strips of ham in the remaining butter. Stir into the white sauce with the hot broccoli. Season to taste.
- 4 Dish up the spaghetti and divide the ham and broccoli sauce between the plates.
- 5 Garnish with chives and grated cheese. and serve.

Fat	16g	Carbs	36g	Energy	353kcal
Protein	20g	Sodium	.5g	Fibre	2g



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