

Milk - white sauce



Available

All year round.

Buy

Check the best before date. Choose reduced fat or low fat milk.

Store

In the fridge.

Prepare



Heat 2 tablespoons of oil in saucepan.



Add 3 tablespoons of flour.



Stir and cook for approximately 1 minute.



Turn the heat off. Gradually add the milk in small amounts.



After each addition of milk. Mix until smooth.



Continue until all the milk has been added.



Mix until smooth.



Return to a low heat and bring to a simmer, stirring all the time until thick. Season with pinch of salt and pepper.



Cheese sauce

(serves 4)

Ingredients

2 tablespoons oil
3 tablespoons flour
2 cups milk
1 cup cheese, grated
Pinch salt
Pepper
1 head broccoli, cut into bite-size pieces
1 head cauliflower, cut into bite-size pieces
1 red capsicum, sliced

Method



1 Prepare the white sauce using the method on the back of the card. Stir through the grated cheese. Season with salt and pepper.



2 Fill a large pot with enough water so it doesn't touch the steamer. Bring to the boil then reduce the heat.



3 Place the steamer on top of the pot. Add the broccoli, cauliflower and capsicum. Cover and cook for 3-5 minutes.



4 Place the vegetables into a serving dish and serve with the cheese sauce.

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healthykids.org.nz/eat/recipes, vegetables.co.nz
or heartfoundation.org.nz/recipes