



## Left Over Chilli Pasta Bake

Serves 2

Prep time: 15 minutes

Cooking time: 25 minutes

Per portion

Calories: 520

Fat: 17g

Saturates: 8.1 g

Carbs: 58.6g

of which sugars: 10.3g

Salt: 1.1g

### Ingredients:

- 150g dry weight pasta shapes
- 220g left over chilli con carne
- 100g low-fat cream cheese
- 75ml semi skimmed milk
- 50g reduced fat grated cheese

### Instructions:

Heat a large pan of water, and once boiling add the dry pasta and cook for 10-15 minutes (the pasta should still be slightly firm, not soft). Drain and place in a large bowl.

Preheat the oven to 190C, 375F, Gas Mark 5

Add the left-over chilli con carne to the cooked pasta and stir to evenly combine. Then place the mixture into an oven proof dish.

Place the cream cheese and milk into a blender and blend until smooth. Pour the cream cheese sauce over the pasta and chilli mix. Sprinkle over the grated cheese and place in the oven.

Bake for 25 minutes or until the cheese is bubbling.

Serve straight away.