Recipe

cheesy peasy pesto pasta sauce

for a family of 4

A creamy green pasta bake with pesto and peas. With mozzarella, Italian cheese and cheddar, this cheesy recipe is sure to be a hit. Enjoy it as a comforting pasta bake like us, or simply stir through your pasta and serve straight away. A delicious family favourite!

Ingredients

A glug of oil
2 white onions- chopped
25g of unsalted butter
3 cloves of garlic- chopped
30g of plain flour
775ml of milk
10g of nutritional yeast
½ teaspoon of ground nutmeg
A pinch of black pepper
150g of frozen spinach (or 1 big bag of fresh spinach)
600g of frozen petit pois peas
50g of creme fraiche
375g grated cheese & mozzarella
30g grated parmesan
1 bunch of chopped basil
50g of pesto

Method

Heat oil in a wide, deep pan over medium heat and cook the onions until soft.

Add butter and garlic and gently cook until melted.

Add flour and mix well to create a roux.

Add ¼ of your milk and stir well to incorporate and bring to very light simmer, liquid will loosen and then thicken after a few minutes of cooking with constant stirring.

Repeat until all milk is added.

If cooking pasta, now would be a good time to start making it.

Add nutritional yeast, nutmeg and black pepper to milk pan.

Bring to a simmer and add spinach, peas, creme fraiche and cheeses.

Bring to a gentle simmer and then add pesto and basil last minute just before serving.

Either serve the sauce with some cooked pasta or mix with pasta into a baking tray topped with cheese to bake until golden and bubbling.

Enjoy with some bread and butter on the side.

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Nutritious delight with every bite

Please note: This recipe is correct at the time of publication on 5/10/26
As we are continuously improving our recipes, it is essential to check the label on the dish packaging.