

Buffalo Pasta Bake

Heat oven to 190C/Gas 5 Serves 4 - 6

Ingredients:

500g short pasta such as fusilli or conchiglie

1 Small butternut squash

2 handfuls of Spinach

130 ml Milk

130g Sour cream

120g Cream cheese

30ml Frank's Buffalo wing sauce (found in supermarkets with ketchup and sauces)

260g Cheddar cheese grated

200g Cooked shredded chicken (optional and can be done by roasting a chicken breast for 25 – 30 minutes until cooked)

40g Breadcrumbs

Method:

- Peel and dice the butternut squash into small cubes, sprinkle with a little vegetable oil and roast in the oven for 25 minutes
- Bring a large pan of water to the boil and cook the pasta for 1 minute less than the packet instructions. Drain and return to the pan.
- Meanwhile bring the milk to a gentle simmer in a medium pan and whisk in the sour cream, cream cheese and buffalo sauce until smooth, then whisk in the grated cheddar until melted and well combined
- Add the butternut squash, chicken (optional), and cheese sauce to the pasta, finally adding the spinach and stirring until fully mixed.
- If the mixture seems a bit dry add some milk as needed
- Transfer the mixture to a casserole dish and sprinkle with breadcrumbs.
- Bake for 25 – 30 minutes or until bubbly and brown on top.
- Cool for 5 minutes before serving