



Recipe 1: Cheesy Pasta

This pasta dish is satisfying because of its high carbohydrate content which is beneficial for you especially during your first trimester and also while you are lactating. The milk and cheese are good sources of protein and calcium while the other ingredients supplement this recipe with iron, folic acid, fibre and vitamin C.

Ingredients

2 cups cooked pasta (penne, macaroni or fusilli)

1 onion, sliced

1 tbsp chopped celery

1/2 cup capsicum, sliced

1 cup boiled mixed vegetables

3/4 cup milk

3 cheese slices (or 1/2 cup grated processed cheese)

1/2 tsp dried mixed herbs

1 tsp butter

salt and black pepper powder to taste

Method

1. Heat the butter in a pan and sauté the onion, celery and capsicum for 2 minutes.
2. Add the milk and cheese slices and bring to a boil.
3. Add the vegetables, mixed herbs, salt and pepper and mix well.
4. Toss the cooked pasta in the sauce and bring to a boil.
5. Serve hot with toast or garlic bread.

Tips

1. Approximately 1¼ cups of dried pasta will yield 2 cups of cooked pasta.

Nutrient values (Abbrev) per serving

Energy	267 cal
Protein	11.2 g
Carbohydrates	37.2 g

Fiber	2.6 g
Fat	6.9 g
Cholesterol	22.9 mg
Sodium	211.2 mg

ABOUT US:

Since we opened our doors, Royal Laxmi Foods has become an integral part of the local community. We started Royal Laxmi Foods in 2019 after realizing it wasn't always easy to source the highest-quality fresh, local and wholesome food in Mumbai.

We've worked hard to build strong relationships with our incredible vendors, which helps us to keep our costs down, and we do all we can to pass those savings on to you. Come and explore our busy Cheese Shop today and discover the true meaning of delicious.

Contact us:



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