

Challenge a Chef!

From Charlie in Sutton

Tuesday 31st March 2020

“ My cupboards are useless... ummmm I have: ”

Ingredients:

- | | | |
|----------------------------|------------------------------------|---------------|
| - pasta fusilli | - olive oil | - milk |
| - spaghetti | - light Philadelphia cream cheese | - green pesto |
| - tomato pasta sauce (jar) | - sweet potatoes | - eggs |
| - rice | - onion | |
| - garlic powder | - strawberry and raspberry yoghurt | |
| - cajun spice | - honey | |
| - tuna | - maple syrup | |
| - salted butter | - cheese | |



Your Chef

Mike Bradshaw: Senior Consultant at MYA

Michelin-standard kitchen experience

“ Hi Charlie,

You have two options: Tuna Pasta is the obvious one, but how about Roasted Sweet Potato with Philadelphia sauce tossed in spaghetti with a hint of pesto? ”

Roasted Sweet Potato Spaghetti

Ingredients:

- 1 x Sweet Potato
- 2 Tbsp Light Philadelphia cream cheese
- 1 tsp garlic powder
- 1/2 onion
- 1 tsp Green Pesto
- 1 portion spaghetti

Method:

1. Peel the sweet potato, cut into chunks around 1cm, place on a roasting tray.
2. Drizzle a little olive oil over the potato and then sprinkle with garlic powder, roast at 170°C for fifteen minutes or until soft.
3. Put a pan of water on for your spaghetti.
4. Dice half an onion and place it in a medium-size pan on a medium high heat with a little oil.
5. Once the onion is soft, add your sweet potato, Philadelphia cheese and pesto, and stir till it creates a smooth sauce. (if it goes to thick you can add a little bit of milk or water to make it saucy again).
6. Reduce to a low heat while you cook your spaghetti. Once cooked, drain and mix together. If you're feeling indulgent you can also add a bit of grated cheese.



Send your ingredients to us today:
challengeachef@mya-consulting.co.uk

#stayhome



#dotherightthing