

Leek, Parsnip and Sage Pasta in a Cheesy Mustard Sauce

Serves 4

Prep time: 5 mins

Cooking time: 25- 30 mins

Ingredients

250g pasta

1 large parsnip, diced

40g butter

1 tbsp olive oil

3 medium British Leeks

Small handful Sage, roughly chopped

For the sauce

20g butter

1 tbsp Flour

250ml milk

1 tbsp Grain mustard

100g grated cheddar (plus extra for topping)



Method

Trim and finely slice your leeks. Wash well in warm water and then leave to soak while you prepare the parsnip, sage and boil the water for the pasta.

Cook pasta until just al dente, in a large pan of well salted boiling water. Add parsnips for the last 7 mins of cooking time.

Meanwhile, melt 40g of butter and 1 tbsp olive oil in a second large pan. Add the leeks and the sage and a pinch of sea salt. Stir and cover with a lid. Cook until soft.

When the pasta and parsnips are cooked, use a slotted spoon to add them to the pan of leeks. Stir well and remove from the heat. Keep covered.

Use the pan you cooked the pasta in to make the sauce. Melt the butter, add the flour to make a roux. Cook for a minute then slowly add the milk. Whisk well until smooth then add the cheese and the mustard.

Pour the sauce over the pasta and leeks. Eat as is, if desired, or pour into an ovenproof dish, top with more cheese and grill until the top is crispy.

Please credit www.Britishleeks.co.uk, photography, recipe & styling by [Elly Curshen](#).