

## MUM'S WITSOUS FOR PASTA



Category: Sauces

Created: on 2017-09-17  
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 Total preparation time: 19  
 Minutes

### INGREDIENTS FOR 4 SERVES

|                            |                                |
|----------------------------|--------------------------------|
| <b>3 tablespoon 15ml</b>   | butter                         |
| <b>2.5 tablespoon 15ml</b> | flour                          |
| <b>1 cup (AUS 250 ml)</b>  | milk                           |
| <b>1 cup (AUS 250 ml)</b>  | grated cheese                  |
| <b>1 teaspoon</b>          | salt                           |
| <b>1-2 pinch</b>           | pepper                         |
| <b>half teaspoon</b>       | crushed garlic (optional)      |
| <b>6 piece</b>             | frozen spinach/kale (optional) |
| <b>1 cup (AUS 250 ml)</b>  | diced ham                      |

### STEP BY STEP - PREPARATION

To see the full recipe, please [log in](#).