



Cheesy macaroni

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Serves 6-8

2 litres water

2tsp salt

5tsp olive oil

250g macaroni

White sauce

60g butter

4tbsp plain flour

560ml hot milk

**200g mature cheddar cheese, grated
salt and black pepper**

1-2tsp mustard

1/2 cup breadcrumbs

To serve

Green salad

1 Heat the water, salt and oil to boiling point in a saucepan and add the macaroni. Cook, as



directed on the packet for 15 to 20 minutes until cooked through, but still firm to the bite. Drain the macaroni in a colander and set aside.



2 Preheat the oven to 180°C/gas mark 4 and grease a large ovenproof dish. Then make the

white sauce. Melt the butter in a saucepan over a moderate heat. Add the flour and stir

until the mixture is smooth. Cook for about two minutes, stirring continuously.

3 Gradually stir in the hot milk and simmer for three minutes. The sauce should barely bubble until the sauce thickens. Stir



occasionally and then remove from the heat. Add half of the grated cheese, along with the seasoning and mustard. Stir until the cheese has melted.

4 Put the cooked macaroni into the ovenproof dish and pour over the cheese sauce. Mix the remaining cheese and



breadcrumbs and sprinkle over the top of the dish. Bake for 20 to 25 minutes until the topping is golden brown and crisp and the macaroni is piping hot. Serve with a green salad.

Fat	25g	Carbs	52g	Energy	483kcal
Protein	17g	Sodium	1g	Fibre	3g