



Mac 'n' Cheese

with Veg

This classic dish is the ultimate comfort food - make it even better by adding lots of vegetables for an all in one meal.



**FEED
BACK**

Watch the how to make this dish
video at growtogive.co.uk

Allergen info

- * Gluten – pasta, flour (wheat)
- * Milk – butter, milk, cheese

Equipment

Two saucepans, glass bowl, knife, chopping board, spoon, and scales.

Ingredients

- * 175g macaroni or small pasta (penne, or fusilli will do)
- * 20g butter
- * 20g plain flour
- * 350ml milk (any type)
- * 100g cheddar cheese grated (you can use other hard cheeses)
- 250g cauliflower and/or broccoli

Optional Extras

- Serve as a main meal or with some meat or meat substitute as a side dish.
- Have with salad or peas on the side.
- Add some sliced tomatoes to the mix or put some slices on top and crisp under the grill.

Helpful Tips

- Make some extra to have for lunch the next day

Method

 Serves 4



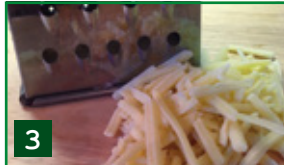
1

To cook the pasta: Bring a large saucepan of water to the boil; add 2 teaspoons of salt to the water and the pasta. Cook for about 10 minutes



2

To cook the vegetables: Bring another pan of water to the boil. Break up the cauliflower or broccoli into bite size pieces and cook for 10 minutes



3

Grate the cheese



4

To make the sauce: In a saucepan, melt the butter over a low heat. Using a wooden spoon stir in the flour and mix until it is a smooth paste and cook for 1 minute more



5

Pour in a little milk, stirring it into the flour paste. Add the milk little by little and mixing well each time until all the milk is added. Bring the sauce to the boil



6

Stir in the cheese so it melts into the sauce, and season with salt and pepper



7

Drain the pasta and vegetables and add to the sauce, mixing them together gently



8

Serve on its own or with the 'Optional Extras' opposite.

