



Broccoli and cauliflower macaroni cheese

Ingredients

8 level carb spoons of raw macaroni
1 broccoli
1 cauliflower
2 tablespoons of cornflour
1 teaspoon of English mustard
550ml (1 pint) semi-skimmed milk
150g extra mature cheddar cheese
Salt and pepper to taste

Method

1. Pre-heat the oven to 190° C/ Gas mark 5
2. In a large pan of boiling water add the macaroni and cook for 5 minutes, then add the broccoli and cauliflower florets and cook for a further 5 minutes.
3. Once cooked drain well and put into an oven proof dish, leave to cool.
4. In a small bowl mix the cornflour with 3 tablespoons of cold water
5. In a pan bring the milk to the boil, add the mustard and season to taste, then add the cornflour and stir for 1-2 minutes.
6. Take the milk off the heat and stir in the grated cheese
7. Pour the cheese sauce over the macaroni, cover the oven proof dish with foil and put in the oven for 15 minutes, remove the foil and cook for a further 10-15 minutes.

 Serves 4

Serving tip: Serve with a small chicken breast for more protein or mixed veg for a quick boost of extra vegetables

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