

MAC'N'CHEESE

Equipment – 2 x medium saucepans, balloon whisk, measuring jug, measuring spoons, metal Table spoon, baking tray, foil container

Working in pairs

Ingredients

100g shaped pasta
20g fat
20g flour
250ml. milk
2 tbsp. grated cheese
Salt and pepper
Flavouring – herbs, spices, mustard
Other ingredients – cooked chicken, cooked bacon, sweetcorn, broccoli
Breadcrumbs
Cheese to sprinkle

Nutrition

Cheese and milk-
calcium, butter- fat,
pasta- carbohydrate,

Modifications for a healthier diet

Use low fat cheese and butter,
skimmed milk, wholemeal pasta
and flour for sauce. Add vegetables
to the pasta.

Ingredients

Cheese- flavour
in the sauce,
flour- thickens
sauce, butter-
adds flavour to
the sauce.

Method

- 1 Preheat** the oven to 180°C.
- 2 Half fill** a saucepan with hot water, bring to the **boil**.
- 3 Add** the pasta, stir once and then boil and time for 11 minutes.
- 4 Mix** the butter, flour and a small amount of milk in the other saucepan. When the mix is **smooth** add the rest of the milk and bring to the boil – whisking **ALL THE TIME**.
- 5 Boil** the sauce for about 30 seconds and then take off the heat. Add your chosen ingredients, cheese and seasoning. Don't forget salt and pepper.
- 6 Drain** the pasta through a colander, stir into the sauce using a metal tablespoon, mix well.
- 7 Divide** evenly between the 2 foil containers.
- 8 Sprinkle** with grated cheese and breadcrumbs and place onto a baking tray.
- 9 Bake** until golden brown (about 15 – 20 minutes).