



# Maccaroni and Cheese



## Top Tips

Seve with salad or your favourite seasonal vegetables.

**Serves:** A Couple or Family of four- 2 adults and 2 kids

**Total cost of dish:** £4.92 without extras  
£5.57 with extras

### ALLERGENS

Recipes contain protein (cheese) wheat

No nuts are used in the ingredients

## Ingredients

- 50g crushed breadcrumbs or crackers (£0.45)
- 2 tbsp butter, plus 1 tbsp melted (£0.10)
- 350g macaroni pasta (£0.89)
- 1 garlic clove, finely chopped (£0.04)
- 1 tsp English mustard powder (£0.10)
- 3tbsp plain flour (£0.04)
- 500ml whole milk (£0.80)
- 250g vegetarian mature cheddar, grated (£2.50)
- 50g parmesan (or vegetarian alternative), grated (£0.65)

## What to do

1. Boil the pasta for 2 mins pasta (al dente) and drain the water. Melt the butter in another saucepan. Add the garlic and English mustard powder\*, and cook for 1 min, then stir in the plain flour. Place the diced chicken on a tray and roast in the oven for 8–10 minutes, depending on the thickness of your cuts. Check to see if the chicken is cooked through before taking it out of the oven.
2. Cook for a further minute, then gradually whisk in the milk until you have a lump-free sauce. Simmer for 5 mins, whisking all the time until thickened. Take off the heat, then stir in the cheddar and half the parmesan.
3. Stir the pasta and some seasoning into the cheesy sauce. Tip into a large ovenproof dish, or four individual dishes. Scatter over the breadcrumbs and the remaining parmesan, then bake for 20 mins until crisp and golden.

Chef: Pasta Rasta

