



Mac 'N Cheese with Attitude

Ingredients

- 225g dried macaroni
- 100g tenderstem or trimmed broccoli florets, with the stalks removed
- 50g butter or spread
- 2 garlic cloves, peeled and crushed
- 50g plain flour
- 750ml semi-skimmed milk
- 250g mature Cheddar cheese, grated (200g for the dish, 50g for the topping)
- 1-2 tsp Dijon mustard (optional)
- 100g frozen peas
- 1 handful of baby spinach leaves, washed and patted dry
- 1 thick slice of bread, cut into small cubes
- Sea salt and black pepper

Sally's Tips

“Freeze the mac and cheese before baking to use another day - defrost thoroughly before cooking.

Use up any odds and ends of cheese you may have in the fridge. A combo of Stilton and Red Leicester is great.

Make it Vegan! Replace the butter or margarine with plant based butter or margarine. Replace the milk with almond milk and the cheese with Vegan Cheddar.”

Preparation time

15
mins

Cooking time

40
mins

Step 1.

Preheat the oven to 200°C, 180°C fan, Gas Mark 6.
Meanwhile, bring a large pan of water to the boil with the lid on to speed up the boiling.

Step 2.

As soon as the water is boiling add the pasta and stir well to make sure it doesn't stick to the base of the pan.
Bring back to the boil and half cover with a lid. Cook the macaroni in the boiling water for 6-8 minutes until just tender.
Place the broccoli in a colander (or sieve) and set over the boiling pasta for the last 5 minutes until almost tender.
Drain the pasta and broccoli into a colander and then return to the large saucepan.

Step 3.

Whilst the pasta is cooking, melt the butter in a medium non-stick pan, add the garlic and cook for 1 minute.
Stir in the flour and cook for a further minute .
Reduce the heat and gradually whisk in the milk.

Step 4.

Simmer for 3 minutes over a very low heat, whisking all the time until thickened.
Take off the heat, then stir in three quarters of the Cheddar cheese and the Dijon mustard (if using).
Season with sea salt and freshly ground black pepper.

Step 5.

Pour the cheesy sauce over the pasta and broccoli.
Add the peas and spinach leaves and stir to combine, then spoon into a 2.2ltr ovenproof dish.

Step 6.

Scatter the diced bread over the mixture with the rest of the grated Cheddar cheese.
Bake for 20 minutes in the oven until crisp and golden.

