

# Macaroni Cheese with Cauliflower and Broccoli

Serves 4

## Ingredients

- 50g butter or spreadable butter
- 50g plain flour
- 500ml milk
- 250g macaroni, or other pasta shape if preferred
- Handful of frozen cauliflower
- Handful of frozen broccoli
- 110g grated cheddar cheese

## Method

1. Pre-heat the oven to 180°C.
2. To make the sauce, melt the butter gently in a saucepan and stir in the flour. Cook for a minute or two on a medium/low heat and then start to add the milk slowly, stirring all the time. (If you find lumps are forming, whisk the mixture thoroughly). Once you have stirred in all of the milk, leave the sauce to bubble away very gently for 5 to 10 minutes. This helps to cook out any floury taste.
3. Meanwhile you can prepare the pasta and vegetables.
4. Bring a large saucepan of water to the boil and add the pasta. Bring back to the boil and cook for a minute less than the packet instructions. The pasta will carry on cooking in the oven.
5. For the last couple of minutes of the pasta cooking time add the cauliflower and broccoli to the pan. After the three minutes is up drain well.
6. Now stir the grated cheese into the white sauce, followed by the drained pasta and vegetables. Mix well.
7. Tip the mixture into a large ovenproof dish, sprinkle over a little more grated cheese, decorate with sliced tomatoes, if using, and bake in the oven for around 30 minutes, until golden and bubbling.

## Frozen Berry Compote

- 250g frozen berries (this can be mixed or your favourite)
- 1 tsp honey

1. Put the ingredients in a pan and bring to a simmer
2. Cook for around 20 minutes, or until the fruit is soft.
3. Serve with some reduced fat Greek style yoghurt, or perhaps porridge for breakfast.



**PROJECT FOOD**

