

Macaroni Cheese



Serves: 14 (Approx 200g)



Prep Time: 30 min



Difficulty: Medium

Shout out to Harmony Primary School for this delicious recipe straight from their canteen to yours! This healthier take on macaroni cheese includes peas for some added vegetable goodness. Boost the nutritional content even more by adding extra vegetables such as broccoli and spinach.



Ingredients

- 500g macaroni pasta
- 1 tablespoon olive oil
- 1 brown onion, finely diced
- 1 garlic clove
- 100g margarine
- 70g plain flour
- 20g Dijon mustard
- 6 cups milk
- 200g tasty cheese, grated
- 1 cup frozen peas

Method

1. Bring a large pot of water to the boil, add pasta, cook according to packet instructions, drain.
2. Heat olive oil in a large pan, add onion and garlic, cook for 2 minutes until onion softens.
3. In a separate pan melt margarine over a medium heat, add flour, cook for 2 minutes, stirring continuously.
4. Remove from heat, stir through mustard. Gradually add milk, stirring continuously until smooth, return to a medium heat, cook stirring until sauce thickens and starts to bubble.
5. Add cheese, stir until melted.
6. Add pasta to sauce mixture, stir well, add peas and mix until combined, portion into 200g containers.