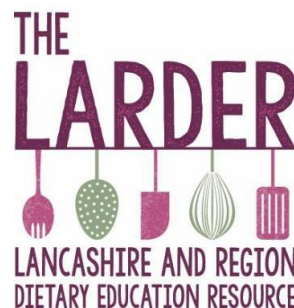




Shopping List



MACARONI CHEESE

PREP: 20min

COOK: 25min



SERVES: 4

INGREDIENTS CHEESE SAUCE:

- 1 Tbsp (15ml) of oil, butter or sunflower spread
- 2 Tbsp (30g) plain flour
- 300ml (half a pint) of milk
- 2 heaped Tbsp grated mature cheddar
- Salt and pepper to taste

INGREDIENTS: MACARONI CHEESE:

- 1 Heaped Tbsp Grated Mature Cheddar
- 1 Medium Tomato, sliced
- 2 Cups Dry Macaroni

Try to make sure all family members take part - this is for everyone to enjoy, we hope you have a wonderful time cooking tasty food and enjoy eating it together!

We will be posting the recipes and videos every day and we are looking forward to seeing all your pictures and reading your comments.