

THE LARDER PRESENTS..

MAC 'N' CHEESE



REMEMBER: ALWAYS WASH YOUR HANDS THOROUGHLY BEFORE TOUCHING AND PREPARING FOOD



50 mins



Serves 4



- 1 heaped tbsp grated mature cheddar
- 1 medium tomato (sliced)
- 2 cups pasta (penne)

For the Cheese Sauce:

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

SAUCE OPTIONS TO ADD:

Lightly cooked chopped onion; sliced cooked mushrooms; chopped parsley; sliced cooked leeks; crushed garlic.

- Cup (Measuring)
- Tablespoon (Tbsp)
- Small Saucepan
- Measuring Jug
- Hob
- Large Saucepan
- Colander for draining (optional)
- Wooden Spoon
- Grater
- Chopping Board
- Sharp Knife
- Grill or Oven
- Casserole Dish

EQUIPMENT



INGREDIENTS

ALLERGY INFO: RECIPE MAY CONTAIN OR COME INTO CONTACT WITH WHEAT, EGGS, PEANUTS, TREE NUTS AND MILK

METHOD



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THOROUGHLY BEFORE TOUCHING
AND PREPARING FOOD**

1. Gather together all the equipment and ingredients.
2. Heat oil/butter or sunflower spread in a small saucepan (medium heat).
3. Add flour and mix to a paste with a wooden spoon.
4. Cook the paste, stirring continually for 2-3 minutes. LOOK FOR a light golden colour. (This is known as making a 'roux').
5. Add a small amount of milk and mix well until the paste is smooth again.
6. Keep adding small amounts of milk, mixing well each time.
7. Continue to add a little more milk as soon as the sauce looks smooth.
8. When ALL the milk is added, simmer for 3-5 minutes, continually stirring.
9. Add 2 heaped tbsp grated cheese, mix well until the cheese is melted and taste for seasoning.
10. Pour 4 cups cold water in a large saucepan, place on the hob (medium heat).
11. Boil water and add pasta to the saucepan (check packet instructions for cooking time).
12. In the small saucepan, pour the prepared cheese sauce and heat.
13. Drain the cooked pasta.
14. Place pasta in casserole dish.
15. Pour cheese sauce on top of the pasta and mix.
16. Sprinkle with grated cheese and sliced tomato.
17. Heat through under a medium grill or medium oven until lightly browned and bubbling.

TIP – If the sauce looks lumpy beat thoroughly with a wooden spoon or whisk.

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COOKING AND ENJOYING THE RECIPES



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