

# Macaroni cheese

*Serves 6*



## Ingredients

- 40g butter
- 40g flour
- 600ml milk (I use skimmed)
- 250g cheddar cheese, grated
- 250g macaroni or other pasta, cooked
- 400g cauliflower, broccoli or other veg, cooked

## Method

Melt the butter in a non-stick pan over a gentle heat. Once the butter has melted, add the flour and stir it into a paste. Continue to cook for a few minutes. Add a little milk and stir well until it is completely mixed into your butter and flour mixture. Repeat, adding a little of the milk, combining completely before adding the next bit.

Once all the milk has been combined, cook over a gentle heat for about 15 mins, stirring regularly. Stir in almost all of the cheese, reserving some for sprinkling on top. Continue stirring until all the cheese is melted and the sauce is a smooth texture.

Put the cooked pasta and vegetables into an oven-proof dish and pour over the cheese sauce. Mix to combine the pasta and vegetables and sprinkle the remaining cheese on top. Put it in a preheated oven at 200C for 15 mins or until nicely browned.