

Macaroni Cheese

Serves 4 child size portions

INGREDIENTS

- 1/4 pack margarine
- 60g plain flour
- 500ml milk
- 150g cheddar cheese
- 150g macaroni pasta



Why not use this simple recipe as an opportunity to cook with your child.

METHOD

1. Melt margarine and stir in the flour, cook gently together for 1 minute.
2. Gradually stir in the milk and 200ml of water and cook until thickened.
3. Remove from the heat and stir 100g cheddar cheese into the sauce.
4. Cook the macaroni pasta for approximately 10 minutes.
5. Mix pasta and sauce together and place in an oven proof dish.
6. Sprinkle remaining cheese on the top.
7. Cook in the oven at 180°C/ gas mark 4 for 15 - 20 minutes until browned.

Serving suggestion- serve with seasonal vegetables.