

## OUR RECIPE

TASTY  
RECIPE

# Pumpkin Macaroni Cheese

Serves 6

## INGREDIENTS

Pumpkin (1.2kg)  
Olive oil  
2 onions  
4 cloves of garlic  
50g unsalted butter  
1.2 litres semi-skimmed milk  
1 whole nutmeg, for grating  
500g dried macaroni  
100g mature Cheddar cheese  
70g Parmesan cheese or similar  
100g plain flour



If pumpkins are out of season, try squash or even skinless roasted peppers. Add bacon or top with toasted breadcrumbs.

## METHOD

1. Preheat the oven to 180°C. Prepare the pumpkin and scoop out and keep the seeds to roast. See our recipe online. Chop the flesh into 2 -3 cm chunks and place on a baking tray. Drizzle with a tablespoon of oil and season to taste.
2. Roast in the oven at 180 degrees for 40-50 minutes or until soft and golden.
3. Next peel and finely chop the onions and garlic and finely grate all of the cheese.
4. Melt the butter in a large saucepan over a medium heat, add the onions and garlic and cook for 10 minutes.
5. Reduce the heat to low and stir the flour. Whisk in the milk, a little bit at a time until the sauce is smooth.
6. Now add two-thirds of the cheese to the pan and grate in a little nutmeg. Simmer very gently for a further 5 minutes.
7. Cook the macaroni in a large pan of boiling salted water for just 2 minutes.
8. Smash the cooked pumpkin up in the tray using a fork and spoon into the cheese sauce and stir well.
9. Using a large spoon stir the cooked pasta through the sauce, then tip into a large baking dish.
10. Sprinkle over the remaining cheese and bake in the oven for 30-35 minutes or until bubbling.
11. Leave to stand for 10 minutes and serve with seasonal vegetables or salad.