

MACARONI CHEESE



Skimmed milk and reduced-fat Cheddar, with added vegetables, makes this a lower-fat, tastier and better-balanced dish.

- Serves 2
- Prep 10 minutes
- Cook 35 minutes

Each 461g serving contains (excludes serving suggestion)

KCal	Carbs	Fibre	Protein	Fat	Saturates	Sugars	Salt	Fruit/Veg Portion
444	61.0g	14.8g	24.5g	8.0g	2.9g	20.0g	0.73g	3

Ingredients

- 1 tsp rapeseed oil
- 2 medium onions, finely chopped
- 1 leek, sliced into 0.5cm-thick rings
- 1 tbsp wholemeal flour
- 1 tsp Dijon mustard
- 200ml skimmed milk
- 50g half-fat Cheddar, grated
- 100g frozen peas, defrosted
- 100g wholewheat macaroni, cooked to pack instructions and drained

Method

- Step 1**
Preheat the oven to 180°C/gas 4. Heat the oil in a saucepan and fry the onions for 4-5 minutes until soft, but not brown. Add the leek and cook for a further 3-4 minutes.
- Step 2**
Sprinkle the flour over the onions and leek. Mix well. Add the mustard and mix again.
- Step 3**
Gradually stir in the milk and keep stirring for 2-3 minutes until the sauce thickens.
- Step 4**
Add three-quarters of the Cheddar and stir until it has dissolved, mix in the peas and remove from the heat.
- Step 5**
Stir the macaroni into the sauce, pour into an ovenproof dish and sprinkle with the remaining Cheddar. Bake for 20 minutes.

Recipe tips

- ✓ You could use wholemeal pasta for added fibre – if you can't find it in the supermarket it's available in health shops. But wholemeal penne or any pasta shape would work, too.
- ✓ You could add sweet corn or cooked mushrooms, cauliflower or broccoli.
- ✓ Freezing instructions: Suitable for freezing once cooked. Defrost in the fridge or microwave and reheat until piping hot throughout.