



## Macaroni cheese in 4 easy steps

READY IN



45 min.

SERVINGS



4

CALORIES



860 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

## Ingredients

- ☐ 700 ml milk
- ☐ 1 onion peeled halved
- ☐ 1 garlic clove peeled
- ☐ 1 bay leaves
- ☐ 350 g .5 oz. macaroni
- ☐ 50 g butter for greasing plus a little extra
- ☐ 50 g flour plain
- ☐ 175 g cheddar cheese grated
- ☐ 1 tsp dijon mustard english

- ☐ 50 g parmesan   grated
- ☐ 50 g breadcrumbs   white

## Equipment

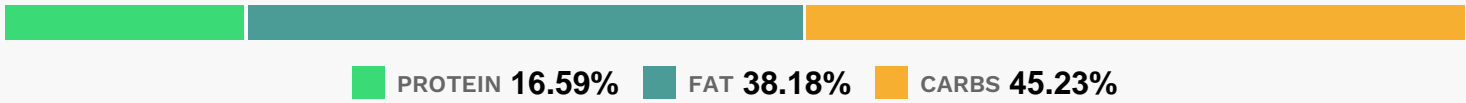
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ wooden spoon
- ☐ colander
- ☐ cutting board
- ☐ grater

## Directions

- ☐ Prepare the pasta: In a small pan, warm the milk, onion, garlic and bay leaf until almost boiling.
- ☐ Remove from the heat, leave covered to infuse for 10 mins, then strain. Cook the macaroni according to pack instructions until just soft, but still with a little bite (this is called al dente in Italian). This will take about 10 mins.
- ☐ Drain in a colander, then run under the tap and stir to stop the pasta sticking together.
- ☐ Make a roux: (A roux is simply flour and fat, cooked together, then used to thicken sauces.)
- ☐ Heat oven to 190C/ fan 170C/gas 5 and butter a 25 x 18cm ovenproof dish. Melt the butter in the medium pan. When foaming, add the flour, then cook, stirring constantly, for 1 min on a low heat.
- ☐ Finish the sauce: Slowly stir the warm infused milk into the roux until smooth. Simmer for 3–4 mins, stirring often, until the sauce has thickened and has a coating consistency (run your finger through the sauce on a spoon it should leave a trail).
- ☐ Remove the pan from the heat, then add the cheddar and mustard powder. Season, then stir until the cheese has melted.
- ☐ Mix the cheesesauce through the macaroni to coat it well, then tip into the prepared dish.
- ☐ Sprinkle the Parmesan and breadcrumbs over the top, then bake for 15–20 mins until golden brown and bubbling.

- ☐
- Serve piping hot on its own or with a green salad.
- ☐
- EQUIPMENT: 1 small saucepan with lid, 1 large saucepan, 1 medium saucepan, colander, chopping board, sharp knife, grater, wooden spoon, ovenproof dish

## Nutrition Facts



## Properties

Glycemic Index:68.5, Glycemic Load:11.14, Inflammation Score:-8, Nutrition Score:27.084782641867%

## Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 5.6mg, Quercetin: 5.6mg, Quercetin: 5.6mg, Quercetin: 5.6mg

## Nutrients (% of daily need)

Calories: 859.55kcal (42.98%), Fat: 36.31g (55.86%), Saturated Fat: 20.67g (129.17%), Carbohydrates: 96.78g (32.26%), Net Carbohydrates: 92.59g (33.67%), Sugar: 13.41g (14.9%), Cholesterol: 100.78mg (33.59%), Sodium: 839.82mg (36.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.5g (70.99%), Selenium: 81.68µg (116.69%), Calcium: 733.32mg (73.33%), Phosphorus: 681.06mg (68.11%), Manganese: 1.07mg (53.33%), Vitamin B2: 0.66mg (38.87%), Vitamin B1: 0.43mg (28.74%), Zinc: 4.26mg (28.4%), Vitamin B12: 1.65µg (27.56%), Magnesium: 96.69mg (24.17%), Vitamin A: 1142.92IU (22.86%), Potassium: 595.2mg (17.01%), Vitamin B6: 0.34mg (16.98%), Folate: 67.73µg (16.93%), Copper: 0.34mg (16.8%), Fiber: 4.19g (16.76%), Vitamin B3: 3.34mg (16.72%), Vitamin D: 2.31µg (15.4%), Vitamin B5: 1.46mg (14.63%), Iron: 2.58mg (14.32%), Vitamin E: 0.86mg (5.7%), Vitamin K: 3.75µg (3.57%), Vitamin C: 2.28mg (2.76%)