



## The ultimate makeover: Macaroni cheese

READY IN



65 min.

SERVINGS



4

CALORIES



520 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

## Ingredients

- ☐ 550 ml milk
- ☐ 25 g cornstarch
- ☐ 1 tsp dijon mustard english
- ☐ 1 large garlic clove finely chopped
- ☐ 1 pinch chilies dried generous crushed
- ☐ 140 g extra sharp cheddar cheese such as davidstow or denhay
- ☐ 25 g parmesan
- ☐ 25 g breadcrumbs fresh
- ☐ 450 g tomatoes such as cherry and vine tomatoes

- ☐ 1 bunch spring onion ends trimmed
- ☐ 200 g .5 oz. macaroni
- ☐ 150 ml buttermilk

## Equipment

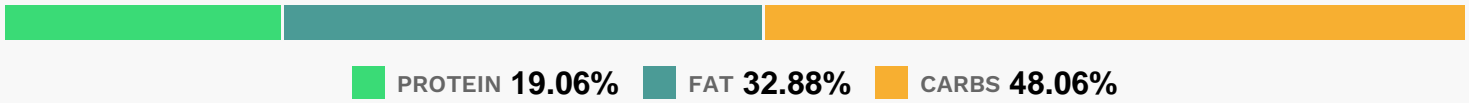
- ☐ frying pan
- ☐ oven
- ☐ grill
- ☐ colander

## Directions

- ☐ Mix 3 tbsp of milk with the cornflour and mustard, set aside.
- ☐ Heat the rest of the milk with the garlic until just coming to boil.
- ☐ Remove from the heat, sprinkle in the crushed chillies and leave to infuse.
- ☐ Get everything else ready. Coarsely grate both cheeses, keeping them separate.
- ☐ Mix a handful of the cheddar into the breadcrumbs with a grinding of pepper. Thickly slice the medium tomatoes and halve the cherry. Finely slice the spring onions.
- ☐ Heat oven to 190C/fan 170C/gas
- ☐ Bring a pan of water up to the boil, tip in the macaroni, give it a stir so it doesnt stick, then cook for 6 mins, stirring occasionally. Stir in the spring onions and cook for another 2 mins. Meanwhile, make the sauce. Stir the cornflour mix into the warm milk. Return the pan to the heat, then bring to the boil, stirring, until thickened and smooth.
- ☐ Remove from the heat and stir in the Parmesan, most of the remaining cheddar and some pepper to taste. Stir in the buttermilk.
- ☐ Tip the macaroni into a colander, drain, then hold under a very hot tap to keep it all separate.
- ☐ Drain well, then stir into the sauce.
- ☐ Pour into an ovenproof dish, about 30 x 20 x 5.5cm deep.
- ☐ Lay the tomatoes over the top then scatter over the cheesy breadcrumbs, the rest of the cheese and a grating of pepper.

- ☐ Bake for about 15 mins until starting to bubble around the edges. Grill for about 5 mins until the top is crisp and well browned.
- ☐ Let sit for a few mins to settle before serving.

## Nutrition Facts



### Properties

Glycemic Index:46.25, Glycemic Load:2.17, Inflammation Score:-8, Nutrition Score:22.596087103305%

### Flavonoids

Naringenin: 0.76mg, Naringenin: 0.76mg, Naringenin: 0.76mg, Naringenin: 0.76mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 1.31mg, Quercetin: 1.31mg, Quercetin: 1.31mg, Quercetin: 1.31mg

### Nutrients (% of daily need)

Calories: 520kcal (26%), Fat: 18.98g (29.21%), Saturated Fat: 10.45g (65.32%), Carbohydrates: 62.44g (20.81%), Net Carbohydrates: 58.9g (21.42%), Sugar: 14.06g (15.62%), Cholesterol: 54.41mg (18.14%), Sodium: 595.93mg (25.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.77g (49.53%), Selenium: 49.65µg (70.93%), Calcium: 568.89mg (56.89%), Phosphorus: 498.59mg (49.86%), Manganese: 0.7mg (34.86%), Vitamin B2: 0.58mg (34.09%), Vitamin A: 1665.41IU (33.31%), Vitamin B12: 1.37µg (22.83%), Vitamin K: 23.39µg (22.27%), Zinc: 3.28mg (21.9%), Vitamin C: 17.13mg (20.76%), Potassium: 690.88mg (19.74%), Magnesium: 74.45mg (18.61%), Vitamin B1: 0.24mg (15.73%), Fiber: 3.53g (14.12%), Vitamin B6: 0.28mg (13.96%), Copper: 0.27mg (13.45%), Folate: 53.1µg (13.27%), Vitamin B5: 1.17mg (11.67%), Vitamin B3: 2.19mg (10.93%), Iron: 1.55mg (8.6%), Vitamin E: 1.05mg (7.02%), Vitamin D: 0.74µg (4.91%)