

Macaroni Cheese

Serves 4

Cost: 78p per portion

Ingredients

300g macaroni
30g flour
30g low fat margarine
600ml Alpro soya milk alternative
150g reduced fat cheddar
30g Parmesan
70g broccoli florets
70g cauliflower florets
40g wholemeal breadcrumbs
1 pinch cayenne pepper
Salt and pepper to taste

Method

- Preheat oven to 160°C/350°F/Gas Mark 4 heat.

-In a medium saucepan add the margarine and melt, remove from the heat and stir in the flour. Return to the heat and gradually add the soya milk until it is all incorporated.

-Grate the cheddar cheese and add to the sauce. Heat until the cheese has melted and the sauce has a nice thick smooth consistency. Season to taste.

-Meanwhile in a large pan of salted boiling water, cook the macaroni according to the instructions (usually 10-12mins). When the macaroni is cooked, stir into to the sauce along with the cauliflower and broccoli florets. Add mixture to a medium size-baking dish.

-Mix the breadcrumbs with the grated Parmesan and the cayenne pepper and sprinkle on top of the dish. Cook for 35-40 minutes or until golden brown on top.

Traditional macaroni cheese made with traditional cheese sauce (per portion)	Broccoli and cauliflower macaroni cheese (per portion)
761 calories	503 calories
32.5g fat	10.5g fat
19.5g saturated fat	5.3g saturated fat