

Macaroni cheese



Simple recipe,
tasty result

Family favourite

Serves
4

Prep in
15

Cook in
30

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Here for you for life

Macaroni Cheese

SERVES: 4

TAKES: 15 MINUTES TO
MAKE & 30 MINS TO COOK

300g Co-operative macaroni pasta tubes
2 tsp olive oil
2 leeks, trimmed and finely sliced
30g unsalted butter
25g plain flour
250ml semi skimmed milk
125g Co-operative lighter mature
cheese, grated
250ml half fat crème fraîche
1 tsp mustard powder
¼ tsp ground nutmeg
50g breadcrumbs
3 tomatoes, halved
2 tbsp grated Parmesan
To serve, green salad

- 1 Place the macaroni in a large pan of boiling water and cook following the pack instructions. Drain, reserving 75ml of the cooking water. Meanwhile, heat the oil in a pan and soften the leeks for 5 minutes. Transfer to a plate.
- 2 Melt 20g of butter in the pan, then sprinkle over the flour and mix into a firm paste. Cook for a minute



then gradually add the milk, constantly stirring then whisking until you have a smooth sauce. Add the cheese, crème fraîche, reserved pasta water, mustard powder and nutmeg. Whisk again until smooth, with a little black pepper.

- 3 Take off the heat and stir through the pasta and leeks. Spoon into a 2-litre baking dish. Preheat the grill to high.
- 4 Melt the remaining butter and stir it into the breadcrumbs. Scatter evenly over the macaroni cheese, lay the tomatoes cut-side up and press them in slightly. Top with the Parmesan and grill for 10 minutes until golden and bubbling. Serve with a green salad.

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approx. per serving (serves 4)

ENERGY 2920kJ 695kcal 36%	FAT 29.5g HIGH* 42%	SATURATED 16.7g HIGH* 80%	SUGARS 11.7g LOW 13%	SALT 1.1g LOW 18%
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% of adult's reference intake

carbohydrates per serving: 77.0g

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