

SERVES 6

Preheat the oven to 200°C

UTENSILS

2 medium saucepans

Colander

Whisk

Wooden spoon or spatula

Oven proof dish

Chopping board

Sharp knife

INGREDIENTS

300g dried macaroni pasta

40g salted butter

500ml whole milk

1tbsp Dijon mustard

250g mature cheddar

50g parmesan

Salt & pepper to season

Handful of chopped parsley

MIX IT UP

A layer of sliced tomatoes on the top

Add spinach for extra iron & vitamins

Play around with different cheeses - blue cheese is a great twist to the dish!

Fry chopped smoked bacon for a meaty alternative

Blitz stale bread, top & bake for a nice crumb topping

ULTIMATE MAC & CHEESE

01 Bring a pan of boiling water to a rapid boil. Add the pasta and cook for 8 minutes or until the pasta is just cooked. Drain the water off the pasta in a colander and refresh with cold running water. Place to one side until needed.

02 In a separate pan add the butter and over a medium heat let it melt. Add the flour and using a wooden spoon or spatula mix till it forms a thick paste (this is called a roux). Stir through the Dijon mustard. Gradually whisk in the milk until you have a smooth lump-free sauce (known as a bechamel sauce).

If it begins to bubble too much remove from the heat and keep stirring. Once under control put back on the heat and continue.

03 Once the sauce is smooth and has a thick consistency whisk in the mature cheddar and half of the grated parmesan. Season with salt and pepper. Mix through the chopped parsley.

04 Add the macaroni to the sauce and combine all ingredients.

05 Transfer to the oven proof dish and sprinkle the remaining parmesan over the top.

06 Place in the oven and bake for 20 minutes until fully cooked, crisp and golden in colour.

Serve with a crusty garlic baguette & side salad

MAKE IT VEGAN

Change the butter to a vegan margarine, change the milk to soya and choose a vegan alternative cheese