



RESCUING FOOD • NOURISHING COMMUNITIES



RECIPE CARD



Recipes developed in conjunction with
the University of Otago Human Nutrition Department

MACARONI CHEESE

SERVES 4-5



INGREDIENTS

- 500g Macaroni Pasta
- Salt
- 2 Tbsp butter or margarine
- 2½ Tbsp flour
- ¼ tsp salt
- 1 pinch pepper
- 1¼ cup milk
- 1½ cup grated cheese

METHOD

1. Pre-heat oven to 180°C on Bake setting.
2. Fill large pot with water and bring to the boil. Add pasta and 1 tsp salt. Cook until pasta is al dente (firm to bite but not soft) - about 8-12 minutes. Drain pasta and place in the bottom of a large baking dish.
3. While pasta is cooking prepare sauce. Melt butter in medium pot.
4. Stir in flour and salt and pepper. Cook gently for 2-3 minutes to make a smooth mixture, stirring consistently.
5. Add the milk gradually, stirring constantly until boiling.
6. Take off the heat and stir in 1 cup cheese. Mix well.
7. Pour sauce evenly over pasta.
8. Sprinkle ½ cup grated cheese over the top.
9. Cook in pre-heated oven for 30 minutes.

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