

## Macaroni Cheese

Preparation: 10 minutes / Cooking time: 15 Minutes

Serves 4, costs under £2.50

### Ingredients

- 300g macaroni
- 4 tablespoons low fat spread (60g)
- 3 tablespoons plain flour (50g)
- 1 pint semi skimmed milk (568ml)
- 6 tablespoons cheddar cheese (150g)
- 1 tomato

**Top Tip:**  
You can  
add bacon  
or broccoli  
to the sauce  
for different  
flavours.

### Method

1. Cook the macaroni as per instructions on the pack and drain when cooked.
2. Melt low fat spread in a pan, remove from heat and stir in flour to make a paste. Heat again for 1 minute and then slowly add the milk, stirring continuously until the sauce thickens. Add 5 tablespoons of grated cheese and mix.
3. Mix the sauce with the macaroni pasta and place in an oven proof dish.
4. Sprinkle the remaining cheese over the top and add thinly sliced tomato. Bake in the oven at 180 C or Gas 4 for 30 mins or until the cheese has melted.
5. Season with black pepper.
6. Serve with your favourite vegetables.



**Easy  
Peasy  
Cook!**

