



# Macaroni & Vegetable Cheese



## Ingredients

Makes 4 good portions

- 175g macaroni
- 200g Frozen or tinned vegetables
- 2tbs corn flour
- 1 pint milk
- 1 level tsp mustard
- 150g cheddar cheese
- Black pepper to taste



## Equipment

Weighing scales, 2 saucepans, a spatula or wooden spoon, a microwave or steamer, a grater, a cup or small bowl, measuring spoons, a colander & a serving dish.

## Method

1. Cook the macaroni in boiling water for 12-15 minutes.
2. Cook the frozen vegetables as directed (steam or microwave).
3. Grate the cheese.
4. Mix the corn flour with a small amount of the milk in a cup or small bowl.
5. Put the corn flour mixture & the rest of the milk into the saucepan and gently bring to the boil, stirring all the time. Continue to stir while boiling for a minute.
6. Take the pan off the heat and add the mustard powder, some black pepper and 100g of the grated cheese. Stir well.
7. Drain the pasta and vegetables.
8. Mix the pasta and vegetables into the cheese sauce & mix well together.
9. Put into oven proof containers and top with the remaining 50g of grated cheese.
10. Put under a hot grill until golden brown.
11. Serve and enjoy!