

Mac 'n' Cheese

Serves 6

Ingredients

- 3 cups uncooked macaroni pasta
- 4 tablespoons corn flour
- 1 litre reduced fat milk
- 200g reduced fat grated cheese
- 300g frozen pea and corn mix



Method

1. Cook the macaroni in a large saucepan of boiling water, according to packet instructions, until soft.
2. Pour most of the milk (leaving 100ml aside) into a large saucepan and heat over medium-high heat until warm, but not boiling.
3. In a small jug, add corn flour and gradually stir in the remaining milk to create a smooth paste.
4. Add the paste to the warm milk and heat through, stirring regularly, until the sauce thickens.
5. Add grated cheese to the sauce mixture and stir thoroughly to combine. Add frozen vegetables and stir until vegetables are heated.
6. Drain the cooked pasta, and add to sauce mixture. Stir through.

