

Squashy Mac 'n' Cheese



Ingredients

3 cloves of garlic, whole & peeled
2 medium onions, peeled & cut into large chunks
1 butternut squash (approx. 800g), peeled & cubed
1 tbsp rapeseed oil
400g dried macaroni pasta (or any pasta shapes you have)
1 vegetable stock cube (reduced salt if possible)
10g butter
1 heaped tsp English mustard
12 fresh sage leaves / 2 tsp dried sage
50g cheddar cheese, grated
50g parmesan cheese, grated
100g chunky breadcrumbs (wholemeal is best)
1 bag of kale
1 tsp light soy sauce (reduced salt if possible)



Method

Serves 4-6

Preheat the oven to 180°C

- 1 Place the garlic cloves, onions and cubed butternut squash into a large bowl with a splash of oil and coat evenly.
- 2 Tip this into an ovenproof dish and pop in the centre of the oven to roast for 40-45 minutes, until soft (take them out before they go brown). Turn the oven up to 200°C.
- 3 Boil the pasta for 8-10 minutes (or per packet instructions). Drain the pasta, setting aside 200ml of the starchy pasta water and add the stock cube to it. Put the pasta to one side for now.
- 4 Blend the roasted vegetables and stock together into a smooth purée.
- 5 Combine the cooked pasta with the butternut purée, then the butter, mustard and half of the sage. Place in an ovenproof dish.
- 6 To make your topping, mix the cheddar, parmesan, remaining sage and breadcrumbs together.
- 7 Evenly cover the butternut pasta with the cheesy topping.
- 8 Bake for 20 minutes in the middle of the oven until hot, golden and super yummy!
- 9 For some kale crisps, remove the stalks and tear into large pieces. Place in a large bowl with a drizzle of oil and soy sauce rub into the kale! Place on a baking tray and bake on the oven's top shelf for 10 minutes, or until crisp!