



Mean 'n' Green Mac 'n' Cheese



**EAT THEM
TO DEFEAT THEM**





**HASTA LA VISTA
BROCCOLI!**

Method

REMEMBER! → Get a grown up to help you!

Pre-heat oven to 200°C / Gas 6

Cook pasta according to packet instructions. Add the broccoli for the last 4-5 mins. Drain (reserving ½ cup of the cooking water) and pour the pasta and broccoli into a large casserole dish or roasting tin.

To make the sauce, melt the butter or spread in a large saucepan over medium heat. Whisk in the flour quickly until you have a paste. Pour in a little of the milk and whisk continuously so that it turns smooth and thick. Add in the rest of the milk, a little at a time, whisking continuously and waiting until it is all smooth and thick.

After adding all the milk, bring to a boil, then mix in the mustard and defrosted greens (squeeze out excess water from spinach first). Turn the heat to low and simmer for 5-10 mins, until the greens are cooked and the sauce is thick.

Take off the heat and stir in the cheese, nutmeg or cumin and pepper. Blitz the whole thing with a stick blender, or mash and whisk until you have a smooth, light green sauce. Pour over the macaroni along with the reserved cooking water and mix everything together until the macaroni is covered in the sauce.

If you are using breadcrumbs, sprinkle them over the top of the pasta, and bake in the pre-heated oven for 25-30 mins, or until it's slightly golden and bubbling!





**HASTA LA VISTA
BROCCOLI!**

Ingredients

Serves 6-8

400g macaroni pasta

1 head of broccoli, chopped into florets

For the cheese sauce:

1 heaped tbsp butter or lower fat spread

1 heaped tbsp plain flour

500ml semi-skimmed milk

1 tsp mustard

100g frozen chopped spinach, defrosted

150g frozen peas, defrosted

8 florets frozen broccoli, defrosted

100g cheddar or similar hard cheese, grated

½ tsp fresh grated nutmeg or ground cumin

Black pepper, to taste

100g breadcrumbs (optional)

