

MACARONI CHEESE

Serves 2

Cheese Sauce

30 g butter
30 g organic whole-wheat flour
1 tsp mustard powder
1-pint milk or less
100 g chopped or grated extra mature cheddar
Salt and cayenne pepper

Method

Melt butter and stir in flour. Cook for 1 minute, stirring.
Stir in mustard powder.
Slowly stir in milk until it has fully been incorporated. (You can do this more quickly after about $\frac{1}{4}$ pint.)
You may not need a full pint, depending on how wet you want the dish to be.
Stir in chopped or grated cheese and seasonings making sure cheese is melted.

Pasta

130 g whole-wheat fusilli pasta.
Add to boiling water. Bring back to the boil and cook uncovered for 10 minutes.
Stir into cheese sauce.

Bacon

50 grams.
Add pieces of chopped bacon. Stir in & heat.

Red Onion & Mushrooms

Chopped or sliced red onion and sliced mushrooms go well with it. Stir in just before serving.

Serve with any mixed vegetables. Broccoli and cauliflower are especially complimentary.