

Cauliflower & macaroni cheese



Prep Time : 15 minutes

Cook Time :20 minutes

Servings :8 Wraps

Ingredients:

250g macaroni or pasta shapes

1 small cauliflower, cut into small florets

25g butter/or margarine

2 tablespoons plain flour

1 teaspoon dijon mustard

450mls semi skimmed milk

2 tablespoons peas/optional

1 small tin sweetcorn, drained

75g reduced fat strong cheddar cheese, grated.

Ground black pepper

Get Cooking

1. Cook the pasta in a pan of boiling water for 10 minutes, add the cauliflower, cook for 5 minutes or until the cauliflower is tender. Drain and place in an ovenproof dish.
2. Make the sauce, melt the butter/ margarine in a large pan, stir in the flour, gradually add the milk, stirring until all the milk is added and the sauce has thickened.
3. Take the sauce off the heat. Add half the cheese and the mustard, season with pepper. Stir in the peas and sweetcorn/optional.
4. Pour the sauce over the pasta and cauliflower, stir until all the pasta is covered with sauce.
5. Sprinkle the remaining cheese over the pasta, place under the grill for a few minutes to brown the top, or bake in a medium oven- 180c/gas mk 4 for 15 minutes.

