

STEP 6

- Mix the sauce and cooked macaroni together.
- Pour into a greased ovenproof dish.

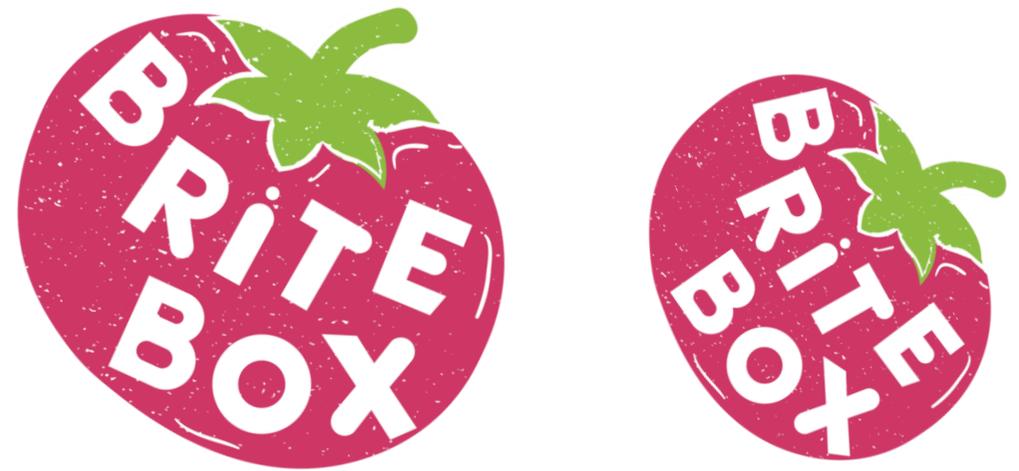


STEP 7

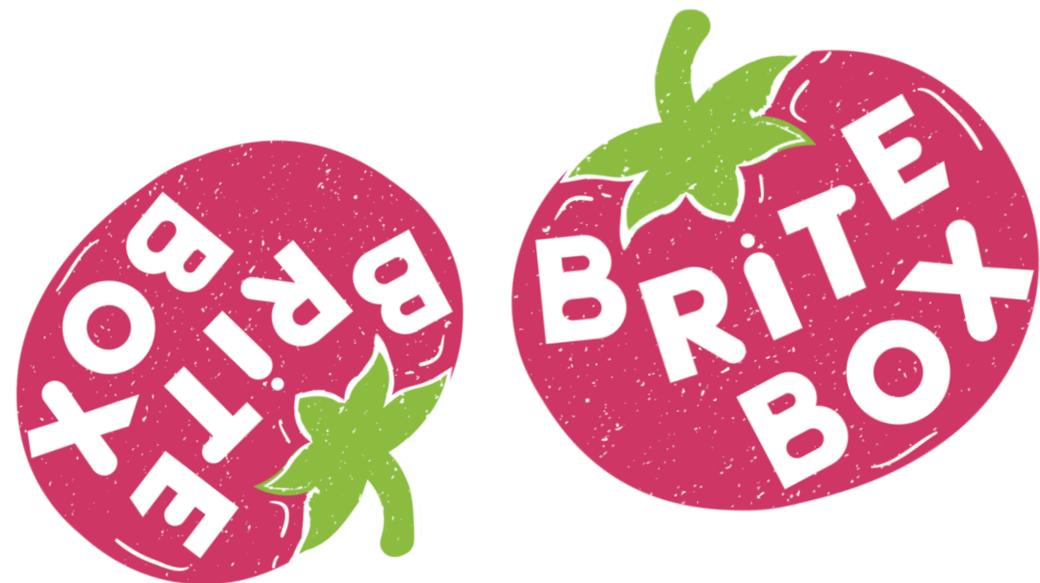
- Sprinkle over the breadcrumbs and remaining grated cheese.
- Arrange the sliced tomato on top.
- Place in the oven or under a hot grill for 5-10 minutes. Boil your peas separately.
- Serve and enjoy!



Don't forget to ask your parents to join the 'BRITE Box Cooking Community' Facebook group to share your photos and feedback. Scan this code to join!



MACARONI CHEESE



INGREDIENTS

225g dried macaroni or any pasta shape
50g butter
2 heaped tbsp flour
600ml milk
150g cheddar cheese, grated
pinch of ground nutmeg*
2 medium tomatoes, thinly sliced
2 slices of bread, grated into breadcrumbs
300g frozen peas
salt and pepper to taste*

SERVES 5

*not included

EQUIPMENT

Medium saucepan, small non-stick saucepan or milk pan, chopping board, knife, grater, sieve, wooden spoon, oven proof serving dish.

ALLERGENS: Gluten (pasta, flour, bread), Dairy (milk, cheese).

STEP 1

- Fill a medium saucepan with water, bring to the boil and add the macaroni.
- Stir once and leave to simmer for 10-11 minutes, until the macaroni is cooked but not too soft.
- Drain and set aside.



STEP 2

- Melt the butter in a non-stick saucepan.
- Add the flour, stirring over a low heat for 1-2 minutes.
- Remove from the stove.



STEP 3

- Add the milk to the saucepan a little at a time, mixing thoroughly with a wooden spoon.
- Make sure the sauce is smooth and free of lumps before returning to the heat.



STEP 4

- Stir constantly until the sauce thickens.
- The leave the sauce to simmer for a further 3 minutes.
- Preheat your oven/grill to 170°C.



STEP 5

- Remove sauce from the heat and add two third of the grated cheese.
- Season with the ground nutmeg and salt and pepper to your taste.

