



# AMERICAN MAC N CHEESE

## INGREDIENTS

200g macaroni pasta

$\frac{1}{2}$  onion - peeled and diced

$\frac{1}{2}$  pepper - peeled and sliced

1 small can sweetcorn

4 cooked sausages (meat or veg) - sliced

75g reduced fat mature cheese – grated

100ml cream cheese

100ml crème fraiche

100ml milk

75g reduced fat mature cheese – grated

## EQUIPMENT

large saucepan, colander, wooden spoon,

chopping board, sharp knife,

microwaveable mixing bowl or jug,

can opener, dessertspoon, teaspoon,

medium sized oven proof dish, grater

**SERVES:** 4

**PREP TIME:** 20 minutes

**ALLERGENS:** cereals containing gluten,  
milk

**COOK TIME:** 15-20 minutes

## METHOD

- 1 Half fill a large saucepan with cold water. Place the pan on the hob and bring to the boil. Carefully add the pasta and cook for 10-12 minutes, then drain into a colander and place in a large mixing bowl.
- 2 Prepare the vegetables and sausages (if using) and add them to the pasta.
- 3 Place the cream cheese, crème fraiche, milk and mixed herbs into a large jug. Carefully mix together until you make a smooth sauce, then add half of the cheese.
- 4 Pour the sauce onto the pasta and mix together. Then transfer to a medium sized oven proof dish (or foil dishes) and sprinkle over the rest of grated cheese.
- 5 Cook in a pre-heated oven (180°C/Gas 4) for about 15-20 minutes until the cheese has melted and the top is crispy and golden brown. Alternatively, place under a medium heat grill for 5-10 minutes.
- 6 Serve the Mac n Cheese with some homemade garlic bread, steamed vegetables or a side salad.



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