

# Veg-up macaroni cheese

## Ingredients

### Serves 2

60 grams macaroni  
2 cups cauliflower and broccoli florets  
1 tablespoon oil  
4 teaspoons flour  
1 cup milk  
1/2 cup grated cheese  
1 tomato, sliced  
2 tablespoons dry breadcrumbs  
1 cup lettuce leaves  
1/2 carrot, grated

## Method

1. Fill a large saucepan with water and bring to the boil. Add macaroni and simmer for 7 minutes. Add cauliflower and broccoli to macaroni, simmer for 3-4 minutes, then drain.
2. To make cheese sauce, heat oil in another saucepan and add flour. Stir and cook for approximately one minute.
3. Gradually add milk in small amounts, mixing until smooth with each amount.
4. Continue until all milk has been added.
5. Return to a low heat and bring to simmer, stirring often. Stir through cheese.
6. Preheat grill to medium heat. Place macaroni vegetable mixture in a baking dish. Pour over cheese sauce, stir gently, sprinkle with breadcrumbs and top with tomato slices.
7. Place under preheated grill for 5-10 minutes or until golden brown.
8. Remove from oven, spoon onto plates and serve with lettuce and carrot.

## Variation

- Use grated carrot, cooked frozen peas or sliced capsicum in place of half of the cauliflower and broccoli.



## Equipment

- Baking dish
- Cutting board and knife
- Grater
- 2 large saucepans
- Measuring cups
- Measuring spoons
- Serving spoon
- Wooden spoon

## Preparation and cooking skills

Boil, chop, fry, grill, make sauces from scratch, mix, simmer, slice.

## Nutrition

- This dish contains a mix of grain foods (pasta, flour and breadcrumbs), vegetables and dairy products (milk and cheese).
- Eating a variety of foods helps to maintain a healthy and interesting diet and gives your body plenty of nutrients.