

# Cauliflower and Macaroni Cheese



# Ingredients list

- ½ small cauliflower
- 250g dried macaroni
- 50g butter
- 50g plain flour
- 500ml milk
- 150g mature grated cheddar
- Dijon Mustard (optional)

Dish you have bought from home

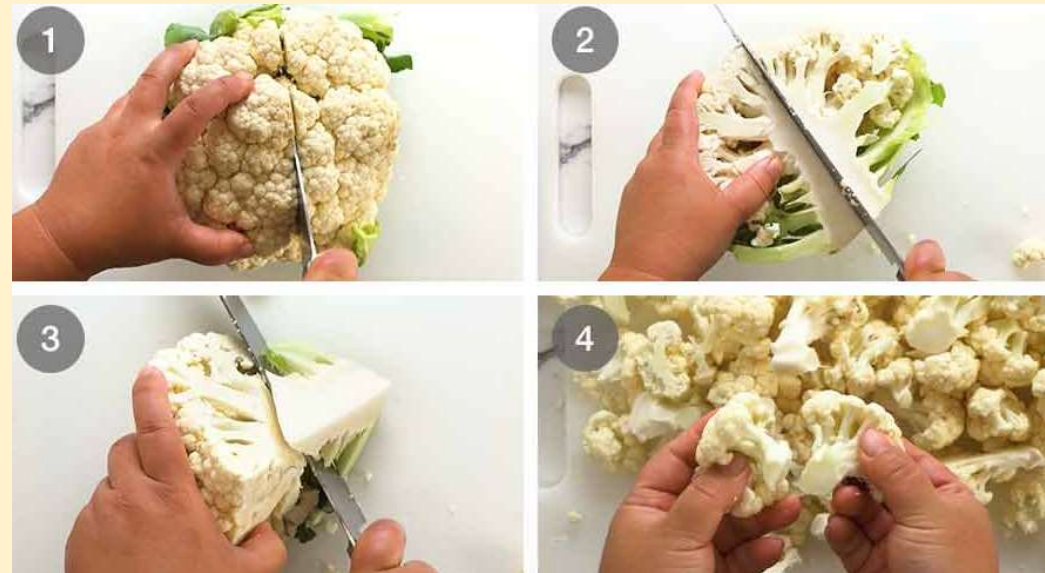
Salt and pepper to season (We provide)

# Equipment list

- Saucepan
- Plastic spoon
- Grater (if needed for cheese)
- Hand whisk
- Sharp knife
- Chopping board
- Colander
- Measuring jug

# Method

1. Preheat the oven to 200C/180C Fan/Gas 6.
2. Half fill a large saucepan with water and bring to the boil. Add the macaroni and cook for 8-10 minutes, or until al dente. Drain with a colander and set aside in your cooking dish.
3. Whilst this is boiling, cut the cauliflower into small florets.
4. Half-fill the same pan with water and return to the boil. Add the cauliflower florets and boil for 5-7 minutes, or until soft. Drain with a colander and set aside in your cooking dish.



# Method

5. Melt the butter in a saucepan over a low heat, then whisk in the flour until the mixture forms a smooth paste. Cook, whisking constantly, for 30 seconds.
6. Gradually whisk in the milk a little at a time, bringing the mixture to a gentle simmer and waiting for it to thicken after each addition.
7. Continue to cook, stirring constantly, until all the milk has been incorporated and the sauce has thickened enough to coat the back of a spoon (about 6-8 minutes).
8. Stir in two-thirds of the grated cheese, add your mustard (optional) then season with salt and pepper.
9. Pour the sauce over the macaroni and cauliflower and stir to combine. Sprinkle over the remaining cheese. Bake for 20-25 minutes, or until the top is golden-brown and the sauce is bubbling.

