**Fast Mac n Cheese**

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| **1.Get ready**  A picture containing indoor, vegetable, cluttered  Description automatically generatedWash your hands.  Assemble ingredients. | A picture containing rice, tray  Description automatically generated  Weigh out and grate the cheese. | **2. Cook the macaroni**  A picture containing food, dish, pasta, soup  Description automatically generatedHalf fill a large sauce-pan with water; add the pasta and a little salt. Bring to the boil |
| A pot of food  Description automatically generated with low confidence  Cook following instructions on the packet. Drain and put to one side. | **3. Put it together**  A picture containing indoor, food, pan, cream  Description automatically generated  Put the crème fraiche, mustard, and parsley into a pan and heat gently. | A picture containing food, indoor, plate, dish  Description automatically generated  Add 175g of the cheese, and season well with black pepper. |
| A pot of food  Description automatically generated with low confidence  Stir the cooked pasta through the sauce | **4. To serve**  A bowl of food  Description automatically generated with medium confidenceSpoon into an ovenproof dish and sprinkle with the remaining cheese**.** | A bowl of pasta  Description automatically generated with low confidencePlace under a hot grill (not too close to the element) until golden brown. |
| Serve immediately with a green salad. |  |  |

**Ingredients List**

**Serves 4**

500g dried macaroni

2 x 500ml low fat crème fraiche

200g freshly grated parmesan cheese

2 tablespoons ready-made mustard (English or Dijon)

5 tablespoons, chopped parsley

Salt and Ground pepper

Green salad to serve

**Substitutions**: add some shredded ham or canned beans for extra protein!

**Nutritional Information:**

Cheese gives you calcium, which is great for growing your bones. Pasta gives you lots of energy, to keep you moving throughout the day.

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| **Calories Kcal** | **729** |
| **Fat** | **39.4g** |
| **Saturated fat** | **5.5g** |
| **Carbohydrates** | **67.7g** |
| **Protein** | **25.6g** |
| **Sugar** | **3.1g** |
| **Salt** | **0.3g** |
| **Fibre** | **3.3g** |