Macaroni Cheese Recipe suggestion

Serves 1 (630kcal, 38g protein per serving)



Ingredients*

- 1 sachet ProSource Plus Neutral
- 60g macaroni
- 12g butter
- 10g plain flour
- 125ml whole milk
- 40g extra mature cheddar cheese
 grated
- 10g parmesan cheese grated
- 1 tsp Dijon mustard
- Salt and pepper

Method

Step 1

Preheat your oven to 200°C

Step 2

Cook the macaroni in a pan of boiling water for 6 minutes, drain and set aside

Step 3

Melt the butter in a pan over a medium heat, add the flour and stir to form a paste

Step 4

On a low heat, add in the milk a little at a time and keep stirring. Once all combined, add the ProSource, mustard, salt and pepper and mix well

Step 5

On a medium heat simmer for 5 minutes, stirring continuously. Remove from the heat and mix in the parmesan and about half the cheddar cheese, stir until combined and melted

Step 6

Mix the macaroni into the cheese sauce and transfer into an oven proof dish. Sprinkle the remaining cheese on top along with some pepper

Step 7

Pop in the oven for 20 minutes or until the cheese is browned, then serve



Serving suggestion

^{*} Allergens may be present, please check individual product and ingredients labels. If concerned about allergens please contact your healthcare professional.