



MAC AND CHEESE WITH
BROCCOLI
PREP TIME 5 MINS
COOKING TIME: 20 MINS



Healthy
UCD

SERVINGS: 4

Ingredients

- 250g Macaroni pasta
- 2 tbsp Salted butter
- 2 tbsp Plain flour
- 500ml Low fat milk
- 1 tsp Dijon mustard (optional)
- Salt and pepper (optional)
- 150g Shredded cheddar cheese
- 150g Broccoli florets

*use GF version if coeliac

Ingredient	Amount	Cost (Tesco)	Aldi
Wholewheat pasta	8 oz / 250g	€0.52	€0.45
Salted butter	2 tablespoons	€0.07	€0.28
Plain flour	2 tablespoons	€0.04	€0.04
Low fat milk	2 cups / 500ml	€1.13	€0.52
Dijon mustard (optional)	1 teaspoon	€0.08	€0.02
Salt and pepper (optional)			
Shredded cheddar cheese	2 cups /150g	€1.31	€1.49
Broccoli florets	3 cups / 180g	€1.45	€1.49
Total cost/recipe		€13.52	€10.19
Total cost/serving		€4.60	€4.79

Method

1. In a large pot of boiling salted water, cook the pasta according to package instructions. Steam the broccoli on top of the pasta pot for 1-2 minutes, if possible. Drain the pasta and the broccoli.
2. In another large saucepan over medium-high heat, melt the butter, then add the flour to make the roux. Whisk the flour and butter until they are combined and golden, about 2 minutes.
3. Gradually whisk in the milk. Add the Dijon mustard and season with salt and pepper to taste. Bring the mixture to a boil, then reduce to low and simmer, occasionally whisking until sauce is thickened, about 5-7 minutes.
4. Stir in the cheese, then add the pasta and broccoli.



Dietary Information

Nutritional Values/100g

	Per Serving	%RI
Energy (kcal)	566	28
Fat	24	34
of which saturates	14	70
Carbohydrates	58	22
Fibre	9.7	39
Protein	26	52
Salt	0.95	16

Dietary Information



Gluten free



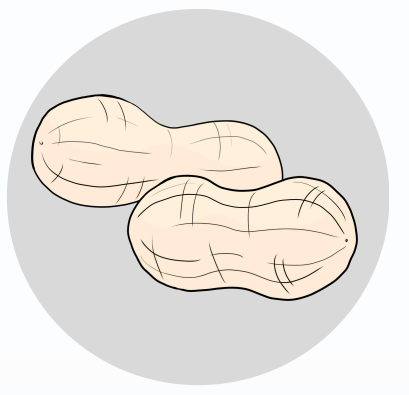
Vegetarian



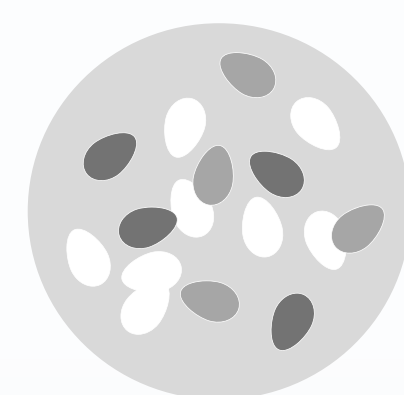
Contains gluten



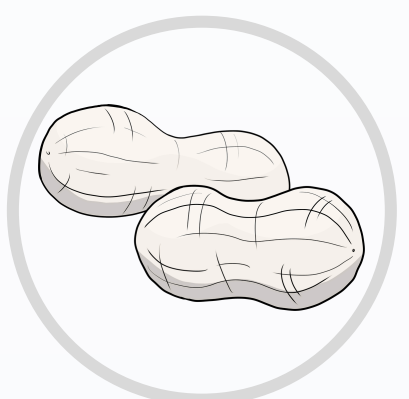
Vegan



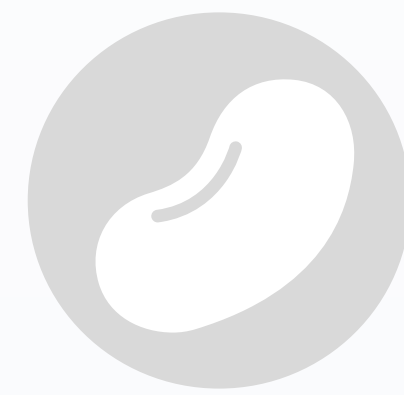
Contains nuts



Contains sesame



May contain nuts



Contains soy



Contains dairy



Contains celery

