



# Happy Cooking, Healthy Living



Follow the link for more helpful information:

 <https://www.nhsggc.scot/your-health/public-health-nutrition/>

## Cheesy Pasta

### Ingredients (Serves 1)

- 300ml boiling water (for pasta)
- 50g of macaroni pasta
- 30g grated mature/strong cheddar
- 125mls milk
- 1 tablespoon of plain flour
- Optional: smoked paprika, ½ teaspoon mustard, pepper

### Equipment Needed

- Grater
- Microwaveable container or bowl x2
- Plate or alternative to cover bowl
- Fork or whisk
- Spoon
- Sieve

### Tip

Add some vegetables on the side for extra colour and 1 of your 5 a day



**Cook Time**

**8 minutes**

## Method

1. Weigh macaroni into a large microwaveable container. Add 300ml boiling water or enough to cover 1 inch above the pasta.
2. Cover, leaving a gap for ventilation and microwave on HIGH (800W) for 4 minutes.
3. Remove. Stand for 2 minutes, drain and set aside.
4. In a separate microwaveable container, mix milk and flour with a fork until smooth.
5. Microwave on HIGH (800W) for 1 minute.
6. Remove. Stir in the cheese and optional seasoning.
7. Microwave on HIGH for 1 minute.
8. Remove. Add pasta to sauce.
9. Serve with cooked vegetables such as broccoli or cauliflower.



### **Allergy Information:**

Recipe contains gluten and dairy