

Mac 'n' Cheese



Preparation time: 40 mins

Serves: 4 people

User Rating: ★★★★★

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Categories: Dinner Recipes, Vegetarian

Mac 'n' cheese is classic comfort food, something we've all been craving at the moment, especially during winter. This version is a healthier option to your standard recipe, incorporating spelt pasta, plenty of vegetables and of course, eggs.



Ingredients

- 250g spelt pasta
- 300g broccoli, cut into small florets
- 1½ tablespoon olive oil
- 1 garlic clove, crushed
- 2 tablespoons plain flour

- 400ml milk
- 1 teaspoon Dijon mustard
- 1 zucchini, grated
- 80g (1 cup) grated vintage cheddar cheese
- 4 eggs

Method

1. Preheat oven to 200°C/180°C fan forced. Lightly spray a 1.5 litre (6-cup) capacity baking dish with oil.
2. Cook pasta in a large saucepan of boiling salted water following packet instructions, adding broccoli for last 2 minutes of cooking time. Drain.
3. Heat oil in a large non-stick frying pan over medium heat. Cook garlic, stirring, for 1 minute or until fragrant. Add flour and cook, stirring, for 1-2 minutes. Gradually stir in milk and bring to the boil. Reduce heat and simmer, stirring occasionally, for 3-4 minutes or until thickened. Stir in mustard, zucchini and half the cheese and cook stirring for 1 minute. Add cheese mixture to pasta mixture and stir until well combined.
4. Spoon pasta mixture into prepared dish. Make four indents in the pasta and carefully break an egg into each indent. Sprinkle bake with remaining cheese. Bake for 12-15 minutes or until eggs are cooked to your liking.

Nutritional Information

Serving size	Energy	Protein	Total fat	Saturated fat	Carbs (total)	Carbs (sugar)	Sodium	Fibre
357g	2370kJ 566kcal	28.5g	23.6g	9.1g	58.1g	7.8g	288mg	6.5g

All nutrition values are per serve.