

One Pan Mac 'n' Cheese



Preparation time: 40 mins

Serves: 4 people

User Rating: ★★★★★

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Categories: Dinner Recipes, Lunch Recipes, Vegetarian

We love a comfort meal like mac 'n' cheese and it's even better when it's made in one pan. We've added some eggs, broccoli and zucchini to this classic for an even yummier meal. Get cracking!



Ingredients

- 4 eggs
- 250g spelt pasta
- 300g broccoli, cut into small florets
- 1½ tbsp olive oil
- 1 garlic clove, crushed
- 2 tbsp plain flour
- 400ml milk
- 1 tsp Dijon mustard
- 1 zucchini, grated

- 80g (1 cup) grated vintage cheddar cheese

Method

1. Preheat oven to 200°C/180°C fan forced.
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 ovenproof 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.
4. Add the pasta into the cheese mixture and stir until well combined. Make 4 indents in the mixture and carefully break an egg into each indent. Sprinkle with remaining cheese. Bake for 12-15 minutes or until eggs are cooked to your liking.

Notes

Recipe created using the Solidtechnics 30cm nöni™ Sauteuse.