



VEGGIE MAC & CHEESE

Season: Winter
From the garden: Fennel, Kale, Silverbeet, Broccoli, Cauliflower
Type: Main
Difficulty: Easy
Country of origin: USA
Serves: 6 serves or 30 tastes
Source: Andrea Habacht, GTT Kitchen specialist, Oropi school

Equipment

- *chopping board
- *knife
- *medium saucepan
- *large saucepan
- *cheese grater
- *wooden spoon
- *whisk
- *frying pan
- *baking dish
- *colander
- *measuring cup and spoons

Ingredients

- *500 g macaroni
- *2 tbsp butter or margarine
- *2 tbsp flour
- *1-1½ cups milk
- *150 g cheese
- *½ cup bread crumbs
- *1 tsp mustard
- *½ tsp nutmeg
- *few handfuls of leaf vegetables like kale, spinach, silverbeet etc.
- *medium fennel bulb and/or one small head of cauliflower or broccoli
- *salt and pepper

Method

- 1. bring water to a boil in a large saucepan, add 2 tsp of salt and cook pasta for 8-10 minutes**
- 2. wash and chop the vegetables**
- 3. heat a little bit of olive oil or butter in a frying pan and cook the vegetables for a few minutes. (They get more cooking in the oven so they don't have to be fully cooked at that stage)**
- 4. preheat oven to 220 degrees**
- 5. grate the cheese**
- 6. for the sauce heat around 2 tbsp of butter in a medium saucepan, then add 2 tbsp of flour, stir and cook for one minute**
- 7. slowly add the milk while whisking to avoid any lumps**
- 8. after all the milk has been added and the mixture has thickened, turn off the heat and add $\frac{2}{3}$ of the grated cheese, mustard, nutmeg, salt and pepper to taste**
- 9. mix the cooked macaroni with the cheese sauce and dip the mixture into a baking dish**
- 10. spread the rest of the cheese on top and sprinkle the breadcrumbs over as well**
- 11. put the macaroni into the oven and bake for around 15 min. until browned on top**

Notes: We are making a dairy free version, with soy milk, margarine and dairy-free cheese

Skills: measuring, *mixing, grating, whisking, cutting*