

LIGHT

MAC & CHEESE



DID YOU KNOW? ➤

The strong flavour of mature Cheddar means you can reduce the amount of cheese by 25%, in turn reducing the amount of fat in the dish.

MAKE IT! ➤

Watch the video:
youtu.be/bKJi9l3sKCw

Chef Mark shows you how to make this recipe at home!



LIGHT MAC AND CHEESE

DO IT! ➤

SERVES: 4

GET IT!

INGREDIENTS

250g macaroni (uncooked)
500ml skimmed milk
40g flour
30g butter or margarine
150g mature Cheddar cheese, grated
50g grated parmesan cheese
Salt and pepper

Optional garnishes

10 cherry tomatoes
Handful of rocket

This recipe was created by
Harrison's Director of Food
and Service Mark Stower.

Prep time: 30 minutes

1. Bring a large saucepan of water to the boil and cook the macaroni for 10 minutes, then drain and refresh under cold water.
2. In a medium size bowl, mix the flour with 100 millilitres of the milk to form a batter the consistency of pancake mix. Set aside.
3. In a separate large saucepan, bring the remaining 400 millilitres of milk to the simmer, then add the butter and stir until melted.
4. Remove the milk from the stove and whisk in the milk and flour mixture. Keep whisking to stop lumps from forming.
5. Place the pan back on the stove on a gentle heat and bring back to the simmer, stirring constantly with a wooden spoon or whisk. Simmer for 30 seconds.
6. Remove from the heat and add the grated mature Cheddar cheese. Stir until melted. Season to taste with salt and pepper.
7. Add the macaroni to the sauce and mix together.
8. Transfer the mac and cheese to an ovenproof dish. If using cherry tomatoes, slice each in half and place on top of the dish. Sprinkle over the parmesan cheese.
9. Place in the oven at 180°C for 30 minutes.
10. Remove from oven, top with a handful of rocket if you wish, and serve with ciabatta bread.