

# Anna's Macaroni Cheese - Thermomix

Recipe with thanks from Churchlands Primary School

Traffic light category: Green

Serves: 24 (200g portions)

## Ingredients

- 1 brown onion, peeled, cut into quarters
- 100g polyunsaturated margarine
- 1 litre reduced fat milk
- 100g plain flour
- 30g dijon mustard
- ¼ teaspoon paprika
- ¼ teaspoon nutmeg
- ¼ teaspoon parsley, dried
- 30g reduced salt vegetable stock powder
- 2kg macaroni pasta
- 720g reduced fat cheddar cheese, grated

## Method

1. Add onion to bowl, chop 5 seconds/speed 4
2. Scrape down bowl, add margarine. Cook at 100°C, 4 minutes/speed 1, then blend 10 seconds/speed 7
3. Add milk, flour, mustard, paprika, nutmeg, parsley and stock, cook at 90°C 12 minutes/speed 4
4. Cook pasta as directed on packet. Drain pasta once cooked, reserving 1 litre of hot pasta water
5. Rinse cooked pasta under cold water
6. In a separate bowl mix pasta and white sauce. Add reserved water if required, the mix should be fairly free flowing
5. Divide into square foil trays, approximately 200g serves
6. Sprinkle over 1 tablespoon of cheese.

## Anna's Tips

- Anna makes a large batch of this weekly, she writes the name of the item and the date made on the cardboard lids of the containers then freezes till needed.
- Heating from frozen: combo oven at 160°C for 25 minutes
- Heating from refrigerator: combo oven at 160°C for 10-15 minutes



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