Mac & cheese with cauliflower - Thermomix

Recipe from Lathlain Primary School

Traffic light category: Green
Serves: 12 (approximately 270g serve)

Ingredients

- ½ whole cauliflower (approx 450g), roughly chopped
- 4½ tablespoons (90g) polyunsaturated margarine
- ¾ cup (90g) plain flour
- 1 litre reduced fat milk
- 500g reduced fat cheese, grated
- 750g macaroni (uncooked weight)
- 50g extra reduced fat cheese for topping
- 100g Panko breadcrumbs)

Method - cauliflower

1. Place 500mL water in the Thermomix bowl
2. Roughly chop the cauliflower, place in the veroma with the lid on **15 mins/veroma/speed 1**
3. When complete, remove water and place cauliflower in the bowl **10 secs/speed 6**
4. Scrape and repeat, scrape cauliflower out and set aside.

Method - cheese sauce

1. Place margarine, flour, and milk into the bowl **10 mins/90 degrees/speed 4**
2. Add cheese and cauliflower **1 min/90 degrees/speed 5.**

Method - pasta and assembly

1. Bring a large pot of water to the boil, add macaroni, cook until tender, drain and tip back into pot
2. Stir cheese and cauliflower sauce through macaroni, transfer to a large baking dish or individual foil containers
3. Top with a light layer of grated cheese and breadcrumbs, bake at 180°C until golden.

Nutrition information panel

Nutrient	Per serve	Per 100g
Energy	1657kJ	614kJ
Protein	21g	7.9g
Total fat	17g	6.2g
Saturated fat	8.1g	3g
Carbohydrate	39g	14.5g
Sugars	5g	1.9g
Dietary fibre	2.1g	0.78g
Sodium	577mg	214mg