

# Triple Mac & Cheese



## INGREDIENTS

### Serves 4 - 6

- 100 g salted butter
- 100 g (¾ cup) flour
- 750 ml full-cream milk
- 180 g (1½ cup) grated mild cheddar cheese\*
- 120 g (1 cup) grated white mature cheddar cheese
- 40 g (⅓ cup) parmesan cheese
- ¼ tsp paprika
- ½ tsp mustard powder
- 500 g pasta (uncooked) - fusilli is recommended
- 1 tsp salt for cooking the pasta

### For the topping

- 60 g (½ cup) mild cheddar cheese (as a topping) mixed with
- 1 small packet sour cream and chives crisps – crushed (get the kids to help out)
- Salt and pepper to taste



## METHOD

1. Pre-heat oven to 180°C. Grease the muffin tins.
2. Cook the pasta by following the package instructions.
3. For the triple cheese sauce. In a large saucepan, on a medium-high heat, melt the butter, then add all the flour. Whisk it together and cook them for about a minute, to form a paste called a roux. Then remove from heat.
4. Heat up the milk in the microwave for about 2-4 minutes, this will prevent lumping. Add small amounts of the hot milk to the roux and mix well until incorporated each time. Cook the sauce for a few minutes, whisking the entire time with a hand whisk for about 5-10 min. Your white sauce should be nice and smooth and quite thick. If it's



too thick then just add a bit more milk.

5. Remove the pan from the heat and add the cheeses, stir until all the cheese has melted.
6. Add the paprika and mustard powder, mix well. Season with salt and pepper to taste.
7. Drain the cooked pasta. Pour about ¾ of the cheese sauce into the pasta and give it a good stir with spoon.
8. Pour the Triple Mac and Cheese into a greased, oven proof dish. Add the remaining cheese sauce on top of the pasta and smooth it out using the back of a spoon. Make sure you cover the entire surface.
9. Sprinkle topping onto Mac and Cheese. Pop it in the oven for about 20 minutes or until the top is golden brown. Enjoy!

## Nutrition Facts

Serving size: 280 g

Energy (kJ)	1434
Protein (g)	13.2
Total Carbohydrates (g)	34.2
Fat (g)	16
Calcium (mg)	162



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