

## Sally's Mac n cheese

### Original recipe

#### Ingredients:

150g pasta

100g grated cheese

15g butter

12g white flour

250ml milk

½ tsp mustard

Salt and pepper to taste

#### Method:

Preheat the oven to 180 Celcius.

Start by cooking the pasta in a pan of salted water. Cook for 8 minutes or until slightly under done.

In a separate pan, melt the butter on a low heat and when melted add the flour. Mix well and let it cook for about 2 minutes. Keep the heat low so it does not burn. Add the milk to butter and flour mix. Add the mustard and the salt and pepper if using. Then add half of the grated cheese and mix well.

Drain the pasta and add to the cheese sauce. Mix well. Transfer to a oven proof dish and sprinkle the remaining cheese on the top of the pasta before placing it in the preheated oven for 25 minutes.

### Sally's Fortified Mac n Cheese

If you or someone you know has a low appetite, they have been losing weight or they have a low body weight it may be a good idea to fortify their meals.

If you feel like you or someone you know would benefit from getting extra calories and protein in your diet, we have adapted Sally's Mac n Cheese recipe to give you that:

### Sally's Fortified Mac n Cheese

#### Ingredients:

150g high protein pasta

100g grated full fat cheese

15g butter

12g flour

200ml whole milk

3 tbsp milk powder

50ml double cream

½ tsp mustard

Salt and pepper to taste

½ cup white breadcrumbs

Method:

Preheat the oven to 180 Celsius.

Start by cooking the pasta in a pan of salted water. Cook for 8 minutes or until slightly under done.

In a separate pan, melt the butter on a low heat and when melted add the flour. Mix well and let it cook for about 2 minutes. Keep the heat low so it does not burn.

In a jug or a bowl, put the whole milk, the milk powder and the cream and mix until all combined together. Add the milk mixture to the butter and flour mix. Add the mustard and the salt and pepper if using. Then add half of the grated cheese and mix well.

Drain the pasta and add to the cheese sauce. Mix well.

Transfer to an oven proof dish. Sprinkle the remaining cheese and top with breadcrumbs. Place in the preheated oven for 25 minutes.