

Dinner

RECIPE CARD

Green Mac & Cheese (serves 4)

RECIPE NAME

Dinner

MEAL TIME

5 minutes

PREP TIME

30 minutes

TIME TO COOK

A healthy twist
on a classic
favourite

NOTES

362kcal
per serving

CALORIES

INGREDIENTS

- ★ 350g dried Macaroni
- ★ 200g Broccoli, cut into small florets
- ★ 200g Cauliflower, cut into small florets
- ★ 200g Romanesco, cut into small florets (or use extra cauliflower and broccoli)
- ★ 125g Kale, shredded
- ★ 120g Plain Quark

METHOD



Put all the sauce ingredients apart from the quark in a medium saucepan over a high heat.



Add 400ml boiling water and bring to the boil, then reduce the heat to low, cover and simmer for 15 minutes or until tender



Bring lots of water to the boil in a large saucepan, season with a little salt and add the macaroni.



Bring back to the boil and cook for 3 minutes, then add all the vegetables and cook for a further 5 minutes or until cooked. Drain well and return to the pan.



Remove the sauce from the heat and, without draining, blitz until smooth using a stick blender. Add the quark and blitz again.



Stir the sauce through the pasta, season to taste and serve hot