

Teatime has never been so terrifying... for broccoli!

MEAN 'N' GREEN MAC 'N' CHEESE

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YOU WILL NEED

Tick off the ingredients as you get them

- 400g macaroni pasta
- 1 head of broccoli (about 350-500g) chopped into florets

For the cheese sauce:

- 1 heaped tbsp butter or lower fat spread
- 1 heaped tbsp plain flour
- 500ml semi-skimmed milk
- 1 tsp mustard
- 100g frozen chopped spinach, defrosted and excess water squeezed out
- 150g frozen peas
- 8 florets frozen broccoli, defrosted
- 100g Cheddar or similar hard cheese, grated
- 1/2 tsp fresh grated nutmeg or ground cumin
- 100g breadcrumbs, optional
- Black pepper

Serves: 6-8

START

1 Preheat oven to 200C/ Gas 6. Boil pasta and broccoli in a large pan for about 4-5 mins, or about 2 mins before the pasta is done cooking.

2 DON'T TOUCH THE PANS... THEY ARE HOT!

2 Drain (reserving about half a cup of the cooking water) and pour the pasta and broccoli into a large casserole dish or roasting tin.

3 GROWN-UP SUPERVISION AT ALL TIMES.

3 Melt the butter or spread in a large saucepan over a medium heat. Whisk in the flour quickly until you have a paste.

4 Pour in a little of the milk and whisk continuously so that it becomes smooth and thick. Add in the rest of the milk, a little at a time, whisking continuously and waiting until it is all smooth before adding in the next bit of milk.

5 After adding all the milk, bring to boil, then whisk in the mustard and mix in the defrosted greens. Turn the heat to low and allow to simmer for 5-10 minutes, until the greens are cooked and the sauce is thick.

6 Take off the heat and stir in the cheese, nutmeg or cumin and black pepper. Blitz the whole thing with a stick blender or mash and whisk until you have a smooth light green sauce.

7 Pour sauce over the macaroni along with the reserved cooking water and mix everything together until the macaroni is covered in the sauce.

8 If you are using breadcrumbs, sprinkle them over the top of the pasta, and bake in the pre-heated oven for 25-30 minutes, or until it's slightly golden and bubbling.

9 Now scoop it out, stuff it in and belt out the battle cry... HASTA LA VISTA BROCCOLI!

FINISH

HOT, GREEN LAVA!



HELP YOURSELF TO A BIT OF COLOURING!

POWER UP

Max out your Mean 'n' Green mac 'n' cheese by trying it with any of these veg:

- SWEET POTATO
- PUMPKIN
- CAULIFLOWER
- LEEKS
- MUSHROOMS

KIDS IN THE KITCHEN

- Kids can add the frozen veg and other ingredients to the sauce once you've added the milk.
- Older kids can help add the milk, a little at a time.
- Get them to mix everything together with the pasta in the final dish and sprinkle with breadcrumbs, if using.

#EatThemToDefeatThem
LET YOUR MEAN 'N' GREEN BE SEEN, SHARE YOUR PICS

EAT THEM TO DEFEAT THEM