






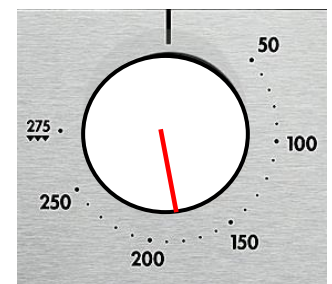


Macaroni Cheese

						
50g Plain Flour	50g butter	250g Grated Cheese	500ml Milk	200g Mushrooms	2 Chopped onions	350g spiral pasta

1. Heat oven to 180C



2. Boil 350g spiral pasta for 2 mins less than stated on the pack, then drain.

3. Chop the onions and slice the mushrooms. Cook for 5 minutes in a frying pan.



4. Melt the **butter** in a saucepan on a low heat



5. Stir in the **flour** and cook for 1 min

6. Gradually stir in the milk and add 1 tsp of mustard.



7. Take from the heat and stir in the **cheese**.

8. Put the onions, mushrooms and pasta into an oven proof dish. Then cover with the cheese sauce.



9. Bake for 20 mins until crisp and golden.