



edinburgh
**FOOD
SOCIAL**

40g plain flour
30g butter
500ml milk
1 tsp mustard
375g macaroni
200g peas (fresh or frozen)
2 handfuls of chard or spinach
200g cheddar, grated
Salt and pepper

In a saucepan melt the butter on a low heat then stir in the flour. Cook this for about 5 min, stirring occasionally, then stir in the mustard.

Start adding the milk a little at a time, stirring continuously. It should turn into a really thick paste then loosen as more milk is added. Once all the milk is added, cook out for a further 5 minutes whilst still stirring and season well with salt and pepper.

If you have a blender and would like to make the dish really green add the spinach or chard to the sauce and blend until smooth. Alternatively, the spinach can be added at the end of cooking.

Cook the macaroni in boiling water according to the packet instructions and drain.

Add the macaroni to the white sauce along with the peas and spinach if not added already and most of the cheese. Save a little for sprinkling on top.

Cook out, still stirring for a few minutes then serve topped with the last of the cheese.

Recipes for Rosyth

Green macaroni cheese

This colourful take on the classic is a great way to eat green veg.

Serves 4

