

macaroni egg & broccoli cheese

cracking meals
under £1 per portion

Preparation: 10 mins

Cooking: 15-20 mins

Serves 4

225g/8oz macaroni

175g/6oz broccoli florets

6 large British Lion eggs

450ml/¾pt milk

50g/2oz butter

45g/3 tbsp plain flour

Salt and freshly ground black pepper

175g/6oz Cheddar cheese, grated

1. Cook the macaroni in a large pan of salted water for 6 mins. Add the broccoli, return to the boil and simmer for a further 6 mins or until the pasta and broccoli are tender.

2. Meanwhile, place the eggs in a medium pan, cover with water and bring to the boil. Simmer for 7 mins. Drain the eggs, then rinse in cold water. Tap the shells all over and peel away. Cut the eggs into large chunks.

3. Place the milk, butter and flour together in a medium pan. Gently heat, stirring with a wire whisk until the mixture boils and thickens. Reduce the heat and cook for 1 min. Season to taste and stir in half the cheese.

4. Drain the pasta and broccoli, then stir into the cheese sauce. Spoon into a heatproof dish, scatter over the remaining cheese and pop under a hot grill. Cook for 3-4 mins or until the top is golden and bubbling. Serve immediately.

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