

Spinach, mushroom & ham macaroni cheese

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Preparation: about 12 mins

Cooking: about 12 mins

Serves: 4

Ingredients:

300g dried macaroni pasta

50g butter or margarine

(+ extra for greasing)

1/4 cup plain flour

1 1/2 cups reduced fat milk

1/3 cup thickened light cream

salt and ground black pepper

1 cup reduced fat grated tasty cheese

250g button mushrooms, thinly sliced

75g baby spinach leaves

200g shaved ham, chopped

1 cup fresh multigrain breadcrumbs

1 tbs olive oil

Method:

1. Preheat oven to 180°C. Grease four 2-cup* ovenproof dishes or ramekins with butter or margarine.
2. Cook macaroni in a large saucepan of boiling water, following packet directions, until al dente. Drain and return macaroni to the saucepan.
3. Meanwhile, to make cheese sauce, melt butter in a small saucepan over medium heat. Stir in flour and cook, stirring constantly, for 1 minute. Whisk in milk and cream and cook, stirring occasionally, for 5 minutes or until sauce boils and thickens. Season with salt and pepper to taste, stir in cheese and cook for 1 minute.
4. Add cheese sauce, mushrooms, spinach and ham to cooked macaroni. Stir to combine. Spoon mixture into prepared dishes.
5. Combine breadcrumbs and oil in a small bowl. Sprinkle breadcrumbs over macaroni mixture. Bake for 20 minutes or until top is golden and edges are bubbling. Stand for 5 minutes and serve.

**This macaroni cheese can also be cooked in one 8-cup baking dish for 25–30 minutes.*

