

GREAT RECIPE IDEAS FOR YOUR FOOD DONATIONS



VEGGIE TOPPED MACARONI CHEESE

This tasty macaroni cheese comes with a creamy cheese sauce using Alpro alternative to milk, and has a delicious veggie topping using parsnips.

Serves 8

Ingredients

Vegetable topping:

- 3 tbsp vegetable/mild olive oil
- 300g parsnips, peeled & grated, (carrot can be used as an alternative)
- 3 large onions, peeled & grated
- 500g pasta (any shape will do)
- 200g frozen peas or sweetcorn

Sauce:

- 120g butter/hard margarine
- 120g plain flour
- **1 Litre Alpro Soya alternative to milk**
- 2 tsp mustard
- 250g cheddar or hard cheese, grated (150g in the sauce & 100g for sprinkling over the finished pasta)

Method

1. Heat the oil and add the grated parsnips and onions, then cook over a low to medium heat for 15 minutes, stirring often. Take care not to let it burn, although it needs to be slightly crispy as it will be sprinkled over the finished dish.
2. Cook the pasta according to the pack instructions. Five minutes before the pasta is ready, add in the frozen peas/sweetcorn and continue to cook.
3. To make the sauce; melt the butter in a medium saucepan and add the flour and half the alternative to milk and bring to the boil, stirring all the time with a small whisk to prevent lumps, gradually adding the remaining alternative to milk. Allow the sauce to boil for 30 seconds.
4. Stir in the mustard and 150g of the grated cheese.
5. Drain the cooked pasta and peas/sweetcorn and pour into a large serving dish (approx. 39cm x 31cm) and stir through the sauce.
6. Sprinkle over the remaining 100g cheese and the parsnip and onion topping before serving.
7. Delicious served with cooked broccoli or a green salad

Top Tip:

For a variation, instead of peas or sweetcorn you could add fresh broccoli or spinach at stage 2. For the sauce, other Alpro drinks such as Oat or Almond drink can also be used.