

Less than 30 minutes

Serves 4

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Ingredients:

- 4 cups (about 400g) macaroni
- Salt and milled pepper
- 2 Tbsp (30ml) butter
- 2 Tbsp (30ml) flour
- 1 cup (250ml) milk
- 1 tsp (5ml) Dijon mustard (optional)
- 1 cup (100g) grated mozzarella or cheddar
- 2 spring onions, sliced, or 2 tsp (10ml) dried mixed herbs

Method:

1. Place macaroni in a large microwaveable bowl and cover with water.
2. Add a pinch of salt and cover with clingfilm.
3. Microwave for 10-12 minutes on high or until cooked through, stopping to stir every few minutes.
4. Drain into a colander, rinse with cold water and set aside.
5. Melt butter in a microwaveable mug on high for 20 seconds, check and microwave again for 10-20 seconds if needed.
6. Whisk melted butter and flour together in a large microwaveable bowl.
7. Add milk and whisk mixture well to remove any lumps.
8. Microwave for 3-5 minutes, whisking at 1-minute intervals, until you have a thick sauce.
9. Add mustard and salt and pepper.
10. Add cooked macaroni, cheese and spring onion or herbs to the sauce and mix through.
11. Microwave for another 3-5 minutes.
12. Spoon mac 'n cheese into four bowls or mugs and serve immediately.