

Recipe Feature

Mac 'n' Cheese with Rocket and Crispy Onions

A delicious and filling one-pot dish made extra special with the crispy onions and optional lemon herb oil!

Serves 4

Ingredients

225g Macaroni Pasta

75g Grated Mature Cheddar Cheese

30g Margarine30g Plain Flour

400ml Semi-Skimmed Milk

Pinch Salt and Pepper

1 x Red Onion – peeled and diced

1 Tsp. Vegetable Oil80g Rocket Leaves

Optional Lemon Herb Oil

25g Vegetable Oil

60g Lemons

10g Dried Mixed Herbs

Method

- 1. Cook the macaroni as per packet instructions. Drain well and set aside.
- 2. To make the cheese sauce, melt the margarine in a saucepan, stir in the flour and cook for 1-2 minutes.
- 3. Take the pan off the heat and gradually stir in the milk to get a smooth sauce. Return the pan to the heat and add the cheese, stirring at all times, and season with salt and pepper.
- 4. Heat the cheese sauce through and add the cooked macaroni.
- 5. Add the oil to a pan and gently fry the onion until cooked and just crispy.
- 6. To make the optional lemon herb oil, mix the ingredients and pour over the rocket.
- 7. To assemble place the mac 'n' cheese in a bowl or on a plate and top with the rocket and sprinkle over the crispy onions.



