

Good for batch cooking



# Mac 'n' cheese

*Serves 1*

40g macaroni pasta

115g skinless chicken breast fillet, diced

2 tsp plain flour

90ml whole milk

1 tsp mustard powder

35g cheddar cheese, grated

A handful of green salad leaves

## Method

Heat the grill to maximum and bring a saucepan of water to the boil.

Cook the macaroni as per the packet instructions, drain and set to one side. While the macaroni is cooking you need to cook the chicken and make the sauce.

Heat a non-stick pan to a medium to high heat, throw in your chicken and cook for 3–4 minutes or until cooked through. Check by slicing into one of the larger pieces to make sure the meat is white all the way through, with no raw pink bits left.

Whisk together the flour, milk and mustard powder in a saucepan and gently heat, stirring constantly to avoid lumps forming. Bring to the boil then simmer gently until the sauce begins to thicken. Now mix in most of the cheese, saving some for the top.

Add the chicken and pasta to the cheese sauce and give it a good mix. Pour into an ovenproof dish, top with the remaining cheese then slide under the grill for 3–4 minutes until nice and crispy. Serve with a handful of salad leaves.

## Tip

Batch cook several portions of this in one big dish. Once cooked, divide into portions and store in the fridge or freezer. Defrost in the fridge overnight and reheat in the microwave or oven.