



POST WORKOUT SET RECIPE OPTION

Mac 'n' cheese

INGREDIENTS (1 serving)

FREEZABLE

- 70g (2.4oz) macaroni pasta
- 290g (10.3oz) skinless chicken breast, diced
- 15g (0.6oz) plain flour
- 150ml (5.1 fl. oz) whole milk
- 1 tsp mustard powder - optional
- 30g (1.1oz) cheddar cheese, grated
- 60g (2.1oz) cream cheese
- a good handful of green salad leaves

This recipe is off the scale tasty. The crispy top and gooey middle will have you running for the gym just so you can knock back your mac 'n' cheese.

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 getting lumps. Bring to the boil then simmer gently until the sauce begins to thicken. Now whisk in your cream cheese and most of the cheese, saving some for the top.

Whack the chicken and pasta into the saucepan and give it a good mix. Pile 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 good handful of salad leaves and away you go.