

Spinach & Butter Bean Macaroni Cheese

Serves 10

INGREDIENTS:

- 500g macaroni
- 300g baby spinach or kale, freshly washed and drained, or frozen
- 1-2 onions or leeks, finely diced/sliced
- 1-2 tsp garlic paste
- 100g butter
- 100g flour
- 1 tbsp wholegrain mustard
- 1.4l milk, organic full fat
- 2 x 400g tins of butter beans, drained and rinsed
- 250g grated cheese



METHOD:

1. Pre-heat oven to 200°C, 180°C (Fan), Gas Mark 6.
2. Cook the macaroni in boiling water, until just soft. Drain well and set aside.
3. Melt 25g of butter in a pan and sauté the onions and garlic, until soft, for about 5-8 mins. Add the rest of the butter and let it melt.
4. Add the flour, mix well and cook for a further 2-3 mins. Gradually add the milk a little at a time, stirring continuously to get a smooth sauce.
5. Reduce to the lowest heat, then add the mustard, 175g cheese and the spinach. Mix well. Continue to cook for another 3-5 mins, stirring occasionally to prevent the sauce catching (if using fresh kale steam for 5-6 mins, drain and add at this stage).
6. Add the butter beans and cooked macaroni to the sauce and mix well. Pile into an ovenproof dish and scatter the remaining cheese on top. Bake in the oven until bubbling and golden (for about 20-25 mins).

Allergens:

Milk, Gluten, Mustard.

For a **dairy-free** version, substitute with either oat or soya milk, and a dairy-free cheese alternative.

For a **gluten-free** version, substitute the pasta with a corn-based pasta.

For a **mustard-free** version, substitute with horseradish or ginger, or just omit.

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