**Macaroni Cheese**

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| http://www.britishcornershop.co.uk/images/large/QWOP2151.jpg | **http://www.healingdaily.com/detoxification-diet/essential-fatty-acids-not-margarine.jpg** | Image result for grated cheese | http://cache1.asset-cache.net/xt/56399750.jpg?v=1&g=fs1%7C0%7CPDI%7C99%7C750&s=1 | http://www.camerican.com/files/8812/8556/9526/iStock_000012105607XSmall.jpg | http://cdn3.volusion.com/gyauc.spxen/v/vspfiles/photos/REDONION200-2.jpg?1342260329 | Related image |
| **50g**  Plain Flour | **50g** butter | **250g** Grated Cheese | **500ml** Milk | **200g**  Mushrooms | **2** Chopped onions | **350g** spiral pasta |



1. Heat oven to 180C



2. Boil 350g spiral pasta for 2 mins less than stated on the pack, then drain.

3. Chop the onions and slice the mushrooms. Cook for 5 minutes in a frying pan.



4. Melt the **butter** in a saucepan on a low heat



5. Stir in the **flour** and cook for 1 min



6. Gradually stir in the milk and add 1 tsp of mustard.



7. Take from the heat and stir in the **cheese**.



8. Put the onions, mushrooms and pasta into an oven proof dish. Then cover with the cheese sauce.



9. Bake for 20 mins until crisp and golden.