

This is Grub4Life.Com – Britain’s foremost nutrition consultancy supporting vulnerable communities with practical resources for you and your clients.



For more information on free resources or training which could be supported by 100% grant contact us at [feedback@grub4life.com](mailto:feedback@grub4life.com) for more information on : -

- Food Allergy and Intolerance Training course
- Common Nutrition Problems with Toddlers Training course
- 4 week rotation Menu Planning & Recipe Adaptation
- Training to help children and their parents overcome fussy and faddy eating
- Allergy Safe and Legally Compliant Recipe Manual for Nurseries
- Allergy Safe and Legally Compliant Recipe Manual for Childminders
- Food Allergies and Intolerance Manual

## Cauliflower and macaroni cheese

Serves 10

Ingredients	
150g macaroni	440ml milk
150g cauliflower florets	75g grated cheese
50g unsaturated spread	200g frozen peas and corn
45g flour	45g chopped chives or spring onion
90g crushed cornflakes	30 cherry tomatoes
75g grated cheese	

- **METHOD:**
  - Cook the macaroni in boiling water according to pack instructions. Add the cauliflower florets to the macaroni 5 minutes before the end of cooking.
  - Melt the spread in a saucepan, mix in the flour to make a roux and cook for 3-4 minutes.
  - Gradually whisk in the milk, until a thick creamy sauce forms, add the grated cheese, peas and corn. Continue to cook for 5 minutes.
  - Add the chives to the sauce.
  - Mix the macaroni, cauliflower and sauce together, and place into a large heat-proof dish.
  - Mix the cornflakes and grated cheese together, and sprinkle over the top of the macaroni. Cook the macaroni and cauliflower cheese in a hot oven for 10-15 minutes until the topping is golden and bubbling.
  - Serve the macaroni with 3 halved cherry tomatoes
- **COOK'S TIP- YOU COULD ADD CHOPPED CRISPY BACON, SLICED MUSHROOMS OR TUNA TO THE CHEESE SAUCE**
  - **FOR WHEAT-FREE DIETS, USE WHEAT FREE PASTA**
  - **FOR DAIRY FREE DIETS, USE DAIRY FREE SPREAD, MILK AND CHEESE**
  - **FOR VEGETARIAN DIETS USE VEGETARIAN CHEESE**
  - **FOR EGG-FREE DIETS USE ASDA OR BUITONI PASTA**

### Nutrition analysis per serving

Energy (kcal)	Protein (g)	Fat (g)	Carbohydrate (g)	Sugar (g)	Salt (g)	Iron (mg)	Calcium (mg)
233	9	12	22	4	0.7	1.5	185

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