



AMERICAN MAC N CHEESE



INGREDIENTS

200g macaroni **pasta**

1/2 onion - peeled and diced

1/2 pepper - peeled and sliced

1 small can sweetcorn – drained

75g reduced fat Cheddar **cheese** – grated

100ml reduced fat cream **cheese**

100ml reduced fat **crème fraiche**

100ml semi skimmed **milk**

1 teaspoon mixed herbs

EQUIPMENT

large saucepan, colander, wooden spoon,
chopping board, sharp knife, jug,
dessertspoon, teaspoon, grater,
medium sized oven proof dish

SERVES: 4

PREP TIME: 20 minutes

COOK TIME: 15-20 minutes

ALLERGENS: cereals containing gluten,
milk

METHOD

- 1** Half fill a large saucepan with cold water. Place the pan on the hob and bring to the boil. Carefully add the pasta and cook for 10-12 minutes, then drain into a colander and place in a large mixing bowl.
- 2** Prepare the vegetables and sausages (if using) and add them to the pasta.
- 3** Place the cream cheese, crème fraiche, milk and mixed herbs into a large jug. Carefully mix together until you make a smooth sauce, then add half of the cheese.
- 4** Pour the sauce onto the pasta and mix together. Then transfer to a medium sized oven proof dish (or foil dishes) and sprinkle over the rest of grated cheese.
- 5** Cook in a pre-heated oven (180°C/Gas 4) for about 15-20 minutes until the cheese has melted and the top is crispy and golden brown. Alternatively, place under a medium heat grill for 5-10 minutes.
- 6** Serve the Mac n Cheese with some steamed vegetables or a side salad.



MACARINI Â CHAWS AMERICANAIDD



CYNHWYSION

200g **pasta** macaroni

1/2 nionyn – wedi'i blicio a'i sleisio

1/2 pupryn – wedi'i sleisio

1 tun bach corn melys - wedi'i ddraenio

75g **caws** Cheddar braster is – wedi'i ratio

100ml **caws** hufen braster is

100ml **crème fraiche** braster is

100ml **llefrith** hanner sgim

1 llond llwy de o berlysiâu cymysg

OFFER

sosban fawr, rhidyll, llwy bren, bwrdd torri,

cyllell finiog, jwg, llwy bwdin,

llwy de, gratiwr,

dysgl o faint canolig addas i fynd i'r popty

DIGON I: 4

AMSER PARATOI: 20 munud

ALLERGEDD: grawnfwydydd sy'n cynnwys glwten, llaeth wy

AMSER COGINIO: 15-20 munud

DULL

- 1 Llenwch sosban fawr yn hanner llawn o ddŵr oer a'i rhoi ar y stôf nes i'r dŵr ferwi. Ychwanegwch y pasta yn ofalus a'i goginio am 10 -12 munud ac yna'i ddraenio mewn colandr a'i roi mewn powlen gymysgu fawr.
- 2 Paratowch y llysiâu a'r selsig (os ydych yn eu defnyddio) a'u hychwanegu at y pasta .
- 3 Rhowch y caws hufen, y crème fraiche, y llefrith a'r perlysiâu cymysg mewn jwg mawr. Cymysgwch nhw gyda'i gilydd yn ofalus hyd nes y bydd gennych saws llyfn ac yna ychwanegwch hanner y caws.
- 4 Rhowch y saws caws ar ben y pasta a'u cymysgu gyda'i gilydd. Rhowch y macaroni mewn dysgl o faint canolig sy'n addas i fynd i'r popty (neu mewn dysgl ffoil) ac ysgeintiwch weddill y caws drosto.
- 5 Coginiwch mewn popty sydd wedi'i dwymo i 180°C/Marc Nwy 4 am tua 15-20 munud nes bydd y caws wedi toddi a'r top yn frown euraidd. Fel arall gallech ei roi o dan y gril ar wres cymedrol am 5 – 10 munud.
- 6 Gweinwch y Macaroni â Chaws gyda llysiâu wedi'u stemio neu salad bach.