



## MUSTARDY MAC AND CHEESE

Serves 4

### INGREDIENTS

225g macaroni pasta

Pinch of salt

250g of our fresh purple sprouting broccoli

50g butter

50g plain flour

475ml milk

225g Black Cow Cheddar Cheese

3 generous tbsp of Tracklements sweet mustard ketchup

### FOR THE TOPPING

Salt and pepper

Handful of breadcrumbs

### METHOD

Pre-heat oven to 200°C/400°F/gas mark 6.

Cook pasta in slightly salted water, reducing the cook time stated on the pack by 5 mins. Add the purple sprouting broccoli about 4 mins before the end of the reduced cook time. Reserve half a mug of the hot water before draining the pasta.

Melt butter in a pan. Stir in flour and cook (whilst stirring) for around 4-5 mins to lose any raw flour taste. Add the milk and continue stirring until the sauce is smooth and thick, this should take at least 4 mins. Stir in the Black Cow Cheddar until melted and then add the Tracklements Sweet Mustard Ketchup and reserved pasta water. Season to taste. Pour the sauce over the cooked, drained pasta and broccoli. Pour into a suitable baking dish, sprinkle with the breadcrumbs, season with salt and pepper then bake in the oven for 25-30 mins until golden brown and bubbling.

Recipe from - <http://www.tracklements.co.uk/>