

Slow Cooked Broccoli Macaroni & Cheese



To serve

Serves:

4 - 5

Preparation time:

5 mins

Cook time:

90 mins

You will need:

- 300g macaroni pasta
- 600ml semi-skimmed milk
- 100g strong cheddar cheese, grated
- 50g low fat soft cheese
- 50g low fat spread
- 1 broccoli head, chopped into florets
- 20g parmesan or vegetarian alternative

Method:

- Set the slow cooker to low.
- Cook the pasta according to packet instructions and drain, then tip into the slow cooker.
- Add the milk, cheese, low fat spread, low fat soft cheese, broccoli and parmesan to the slow cooker and stir well. Cover and cook on low for 1 hour.
- Stir again, put the lid back on and cook for another 30 mins until the pasta is cooked and the sauce has reduced enough to coat the macaroni.
- Leave the lid off and reduce for the last 10 mins if you need to or add a splash more milk – this will depend on the size of your slow cooker and the brand.

Please be aware that this recipe may contain allergens. Please double check the labels carefully.