

# Mac 'n' Cheese Veggie Muffins

## Ingredient

- 250g Macaroni Pasta
- 1 Carrot, Finely chopped
- 1 cup (120g) Frozen peas
- 40g Butter, chopped
- 2tbs plain flour
- 1 1/2 cups (375ml) Milk
- 1 cup (120g) Grated Pizza cheese
- 3 spring onions, thinly sliced



35 Mins

Serves 12



# Procedure



1. Preheat oven to 200°C. Cook pasta in a large saucepan of boiling water following packet directions or until al dente, adding the carrot and peas and corn in the last 2 mins of cooking. Drain well. Transfer to a large bowl.

2. Meanwhile, melt the butter in a medium saucepan over medium-high heat. Add flour and cook, stirring, for 1-2 mins or until mixture is grainy. Remove from heat. Gradually whisk in the milk until smooth. Return to the heat and cook, stirring, until mixture comes to the boil. Boil for 1 min or until mixture thickens. Stir in 1/2 cup cheese until smooth. Season. Add the mixture to the pasta with half the spring onion and stir to combine.

3. Line a 12-hole, 1/3-cup (80ml) muffin pan with paper cases. Divide pasta mixture evenly among paper cases, pressing down firmly. Sprinkle with remaining cheese.

4. Bake for 15-20 mins or until golden and just firm to the touch. Set aside for 5 mins to cool slightly before transferring to a wire rack.

5. Sprinkle muffins with remaining spring onion. Serve warm or chilled.

