



Cheese Macaroni
乳酪通心粉

Notes

Cheese Macaroni

Preparation time : 15 minutes

Cooking time : 15 minutes

Ingredients (Serves 10-15 children)

Broccoli - chopped and blanched	2 ½ cups
Carrot - peeled, chopped and blanched	1 ½ cups
Cauliflower - chopped and blanched	2 ½ cups
Peas - blanched	1 ½ cups
Macaroni - boiled	5 cups
Milk* - warmed	4 cups
White flour	5 teaspoons
Margarine*	5 teaspoons
Cheddar cheese*	14 slices
Onion - peeled and chopped finely	1 ½ small
Salt	½ teaspoon
Pepper	2 pinches

* Choose products with the Healthier Choice Symbol

Preparation Method

1. Heat margarine in a pan and stir-fry the onions
2. Add the flour and mix. Take the pan off the heat and whisk in the milk gradually. Make sure no lumps are formed
3. Return the pan to the heat and keep whisking until the sauce thickens
4. Add the cheese, salt and pepper. Mix well
5. Add the vegetables and macaroni. Mix lightly
6. Serve

Do You Know...

Macaroni is made from durum wheat and it contains more protein than rice noodles.

Chef's Tips

1. The sauce thickens as it cools. If the dish is not served immediately, add more milk for a thinner consistency.
2. Milk and cheese are used to substitute cream in this home-made sauce to give the same creamy texture.

乳酪通心粉

准备时间: 15 分钟

烹调时间: 15 分钟

材料 (供 10-15 儿童)

西兰花 - 切碎及灼熟	2 ½ 杯
红萝卜 - 去皮、切碎及灼熟	1 ½ 杯
椰菜花 - 切碎及灼熟	2 ½ 杯
青豆 - 灼熟	1 ½ 杯
通心粉 - 煮熟	5 杯
牛奶* - 温热	4 杯
白面粉	5 茶匙
植物牛油*	5 茶匙
车打乳酪*	14 片
洋葱 - 去皮及切碎	1 ½ 个 (小)
盐	½ 茶匙
胡椒粉	少许

* 选用有「较健康选择标志」(HCS) 的产品

烹调方法

1. 把植物牛油放在煎锅里加热, 快炒洋葱
2. 加入面粉, 搅匀。把煎锅从炉上拿开, 一边倒入牛奶, 一边搅拌, 避免形成团块
3. 把煎锅放回炉上, 不断搅拌, 直至酱汁变浓
4. 加入乳酪、盐和胡椒粉。搅匀
5. 把所有的蔬菜和通心粉倒进去, 搅匀
6. 上菜

厨师小提示

1. 酱汁冷却后会变浓稠。若不是立即上菜, 可加入多一些牛奶, 使酱汁变稀一点。
2. 在这个食谱里, 牛奶和乳酪代替了忌廉来制做相若的质地。

你知道吗...

通心粉用杜兰小麦制成, 它比米粉含较多的蛋白质。