

Chicken, Leek & Mature Cheddar Macaroni Bake

Serves 10

Ingredients

- 600g Chicken breast, casseroled - meat only
- 150g Leeks, boiled in salted water
- 500g Macaroni, boiled
- 300g Bladen Lighter Mature
- 10g Mustard, smooth
- 150g Plain white wheat flour
- 90g Onions, raw
- 1500g Skimmed milk
- 150g Fat spread (40% fat), not polyunsaturated

Method

1. Cook the leeks in boiling water until just tender. Refresh in very cold water and drain well.
2. Meanwhile, cook macaroni in a saucepan of fast boiling water until tender, but not soft. Drain well.
3. Melt the fat spread in a pan, stir in the flour and cook gently for 1 minute, stirring. Remove pan from the heat and gradually stir in the milk. Bring to the boil, and continue to cook, stirring, until the sauce thickens, then add grated cheese and seasoning to taste.
4. Gently stir the bite size pieces of leeks and chicken and macaroni into the sauce. Season and spoon into an ovenproof dish.
5. Top with grated cheese.
6. Bake in the oven at 190°C (375°F) mark 5 for about 35 minutes. Cover if the top is becoming too brown.

**NO COMPROMISE:
100% TASTE**

