



Traffic light category: **Green**

Serves: **14**

## Ingredients

- 500g macaroni pasta, uncooked
- 1 tablespoon olive oil
- 1 brown onion, finely diced
- 1 garlic clove
- 100g polyunsaturated margarine
- 70g plain flour
- 20g Dijon mustard
- 6 cups reduced fat milk
- 200g reduced fat tasty cheese, grated
- 1 cup frozen peas

## Method

1. Bring a large pot of water to the boil, add pasta, cook according to packet instructions, drain
2. Heat olive oil in a large pan, add onion garlic, cook for 2 mins until onion softens
3. In a separate pan melt margarine over a medium heat, add flour, cook for 2 minutes, stirring continuously
4. Remove from heat, stir through mustard. Gradually add milk, stirring continuously until smooth, return to a medium heat, cook stirring until sauce thickens and starts to bubble
5. Add cheese, stir until melted
6. Add pasta to sauce mixture, stir well, add peas and mix until combined, portion into 200g oven safe containers.

*Recipe adapted with permission from the  
Western Australian School Canteen Association Inc.  
Original recipe from Harmony Primary School.*

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