



Green mac and cheese

What you'll need

- 500g macaroni
- 1 head (about 600g) broccoli, cut into florets
- 200g (1 tub) low-fat soft cheese
- 200ml semi-skimmed milk

Allergies

- Vegetarian
- Egg-free (if the macaroni is egg-free)

Recipe makes 4 adult portions

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What to do

1. Cook the macaroni in boiling water for about 15 minutes until it is soft. After the first 10 minutes, place the broccoli in the same pan as the macaroni, or steam it over the boiling macaroni in a colander.
2. Drain the macaroni and broccoli and then stir in the low-fat soft cheese and milk.
3. Heat through if necessary before serving. Keep some soft cooked broccoli pieces on the side to offer babies as a finger food.

For babies

Chop the vegetables and macaroni finely, and allow to cool before serving.

Leftovers

Cool within 1-2hrs, then store in an airtight container in fridge. Use leftovers in fridge within 2 days. When reheating make sure food is piping hot all the way through. Only reheat once. Cool before serving to babies.

Adults, or teenagers
aged 12-18



5-11 year old



1-4 year old



7-12 month old

