

Greens Mac and Cheese

Bialik College Kitchen Garden Program



Bialik College

Ingredients:

- 1 large leek, trimmed halved and washed
- 2 cloves of garlic, peeled and minced
- 400g sprouting broccoli, florets and tender stems
- 40 grams butter
- ½ bunch of fresh thyme from garden
- 2 tablespoons plain flour
- 1 litre of milk
- 500g dried pasta (macaroni or small shells)
- 30 grams parmesan cheese, grated
- 100 grams cheddar cheese, grated
- 100 grams baby spinach
- An additional 50 grams cheddar cheese, grated for top of pasta bake

Equipment:

- Metric measuring scales, cups and spoons
- Chopping board
- Cook's knife
- Large saucepan
- Large stockpot
- Colander
- Hand blender or food processor
- Large baking dish or foil tray

Method:

1. Preheat oven to 180C.
2. Cook the pasta in a large stockpot of boiling salted water for 5 minutes (or packet instructions) then drain over a colander in the sink.
3. Finely slice the tender broccoli stalks, reserving the florets for later.
4. Place butter in a large saucepan over medium heat. Add the sliced leek, garlic and broccoli stems. Add the leaves from the thyme and cook for 15 minutes, or until softened. Stir regularly.
5. Stir in the flour, followed slowly by the milk and simmer for 10 minutes or until thickened. Stir regularly.
6. Add grated parmesan and cheddar cheeses into the sauce and mix well.
7. ***ONLY ADULTS TO COMPLETE THIS STEP*** Use the hand blender or food processor to blitz the sauce. Add the spinach and whiz until smooth. Season to taste with salt and pepper, then stir through cooked pasta and broccoli florets, loosening with a splash of milk, if needed.
8. Transfer to the baking dish or foil tray. Sprinkle over additional grated cheddar cheese.
9. Bake for 30 minutes or until beautifully golden and bubbling 😊