

MAC 'N' CHEEZE

Macaroni & Cheese

Equipment:

Hand or jug blender • Spatula • Sieve



Allergens: Milk, fish, soya, mustard, wheat.

Ingredients:

- ♥ 50g dried macaroni pasta
- ♥ 250ml instant cheese sauce mix (made up as per packet instructions with semi-skimmed milk)
- ♥ 250ml Compleat® paediatric
- ♥ 50g frozen peas
- ♥ 50g mature cheddar cheese
- ♥ 250ml water

Prep: 10 mins | **Cook:** 35 mins | **Ready In:** 15 mins | **Serves:** 1

Full portion: 720ml (12 x 60ml syringe) | **Difficulty:** Moderate

Instructions:

- 1** Boil the kettle. In the meantime, measure 50g macaroni pasta and add to a saucepan. Once the water has boiled, pour it over the pasta and bring to the boil on the hob.
- 2** Drain pasta and peas, leaving them to cool.
- 3** Make up 250ml cheese sauce as per packet instructions using semi-skimmed milk. When the cheese sauce is warm, grate 50g of mature cheddar cheese and add to the sauce. Stir in until the cheese has combined with the sauce.
- 4** Blend all ingredients together. If you would like to use this blend instantly, skip to step 11.
- 5** If you would like to freeze this recipe for later use, please allow blend to cool, then place in freezer.
- 6** If recipe has frozen, allow blend to defrost fully before completing the next stage.
- 7** Add 250ml water and 250ml Compleat® paediatric to the blend and further blend until you reach the correct consistency*.



← **Watch
recipe video**

These recipes should only be used following recommendation by your dietitian or healthcare professional. www.nestlehealthscience.co.uk



Preparations Tips:



This recipe can be made from scratch with a variety of different pasta options such as penne, fusilli etc.



Depending on the season and availability, vegetables can be swapped e.g. tinned peas, tinned or frozen sweetcorn, broccoli, cauliflower.



Allow the pasta to fully cool as it expands whilst cooling.



This recipe was blended with 250ml **Compleat® paediatric** and 250ml water. However, you may find you need slightly less fluid as you become confident administering blends.



Always sieve blends until you achieve a smooth blend with no bits*.



Compleat® paediatric should be stored in a cool dry place, and once opened, used within 24hrs. The feed can be stored in the refrigerator.

TO INCREASE THE ENERGY CONTENT OF THE RECIPE, ADD:

- A** Extra cheddar cheese: 30g (125kcal/523kj; 7.6g protein; contains milk)
- B** Use full fat milk when making the cheese sauce: per 100ml: 66kcal/276kj, 3.5g protein
- C** Double cream (1 tbsp, 16g): 32kcal/133kj, 0.5g

TO LOWER THE ENERGY CONTENT:

- A** Use water or skimmed milk when making the instant cheese sauce mix (skimmed milk per 100ml: 37kcal/154kj, 3.6g protein)

* It is the responsibility of the caregiver to ensure the consistency of the feed is appropriate.

Energy and Protein Content

Portion Size	Serving (ml)	Syringe (Quantity x volume)	Energy (kcal/kj)	Protein (g)
Full Portion	720	12 x 60ml	936/3916	46
Half Portion	360	6 x 60ml	468/1958	23
Third Portion	240	4 x 60ml	312/1305	15

Please note: Your dietitian should help you to estimate the correct portion for your child; some children may need smaller portions.