



FIT FAST COOK

HOMEMADE IS HEALTHY

Blue Mac Ragu



Serves	Prep Time	Cooking	Total Time	Calories
4 people	20 minutes	1 hour, 10 minutes	1 hour , 30 minutes	530 kcal

Stuff that's in it:

- Pasta Sauce
- 300G Dried Macaroni
- 400Ml Skimmed Milk
- 2 Tbsp Plain Flour
- 100G Shropshire Blue Cheese (Or Swap For Cheddar Etc)
- 1 Tsp English Mustard
- 30G Butter (Salted)
- Vegetable Ragu
- 1 Tbsp Olive Oil
- 1 Onion (Chopped)
- 3 Garlic Clove (Chopped)
- 1 Carrot (Finely Chopped)
- 2 Bell Peppers (Red And Green)
- 1 Aubergine (Finely Chopped)
- 1 Courgette (Finely Chopped)
- 1 Tbsp Tomato Puree
- 1 Can Chopped Tomatoes (Tinned)

- 6 Fresh Tomatoes (Halved)
- 500ml Vegetable Stock
- 1 Can Borlotti Beans (Drained)
- Pinch Black Pepper

What you do:

Heat a large casserole pot , add the oil and gently fry the onion , add the 2 peppers , carrot , courgette and aubergine in batches ,

Stirring each time so they all get coated in the oil

Stirring in the garlic and fresh tomatoes and continue to stir and break down all the vegetables slowly for a few minutes.

Add the tomato purée , 1 pint of veggie stock and stir , reduce the heat and add the lid and simmer for 10 minutes.

Remove the Lid and give a good stir , add the drained borlotti beans , add black pepper to taste then allow to reduce for 20 mins.

While that's cooking , make the pasta

Mac and cheese

Add 300g of macaroni to a large pan and add enough hot water to cover fully (I used 1ltr) stirring so it doesn't stick to the bottom , cook for around 13 minutes until aldente but not too soft as it will continue to cook in the pan , remove and rinse with water and drain.

Heat a small sauce pan , add the butter and melt , then add the flour and whisk.

Immediately add the milk bit by bit, whisk continuously until thick then add the mustard and stir , then add the cheese and gently bring to a bubble , melting until smooth.

Add most of the sauce to the drained pasta in a sieve and mix, reserving some to pour over once you have added to your dish

Add the ragu to a large rectangle serving dish , top with the Mac and cheese , then finish with the Remaining sauce and decorate with basil or parsley and black pepper.

Nutrition

- Carbs: 63g
- Fat: 20g

- Protein: 21g
- Fibre: 11g
- Saturated Fat: 9g

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