**Vegetable Macaroni Bake**



**Ingredients:**

250g Macaroni

70g Butter

1/3 cup plain flour

450ml Milk

100g grated cheese

¼ tsp mustard

1 Tbs garlic

½ carrot

100g mushrooms

½ red capsicum

½ zucchini

¼ broccoli (cut into small pieces)

½ tsp dried oregano

**Method:**

* Cook the macaroni in boiling water until tender (done for you)
* Melt half the butter in a pan, stir in the flour and cook for a minute
* Gradually add the milk and bring to a boil, stirring constantly until thickened
* Stir in just over half the cheese and mustard
* Melt the remaining butter and add the garlic and carrots
* Fry gently for 3-4 minutes then add the red capsicum to cook for 2 minutes. Add the zucchini, broccoli, seasonings and herbs and cook another 2 minutes
* Combine the macaroni and vegetables with the cheesy sauce until all the sauce is evenly mixed. Pour into 3 individual foil containers
* Sprinkle with the remaining cheese and cook in a hot oven (200 C) for 20 minutes until bubbling and brown