

Vegan Mac and Cheese

Ingredients

350g dried macaroni
1 litre unsweetened soya milk
100g dairy-free margarine
85g plain flour
1 teaspoon English mustard
1½ tablespoons nutritional yeast flakes
50g vegan cheese
40g fresh breadcrumbs

Method

Preheat the oven to 180°C/gas 4. Cook the macaroni according to the packet instructions.

Melt the plant-based spread in another pan over a medium heat, then add the flour, stirring continuously until it forms a paste.

Add warm milk a little at a time, whisking continuously until smooth. Bring to the boil, then simmer for around 10 minutes, or until thickened.

Stir in the mustard and nutritional yeast flakes, grate and stir in the vegan cheese.

Drain and add the macaroni to the sauce, then stir to coat.

Transfer the mixture to an ovenproof baking dish.

Grate a slice of bread into thick crumbs then sprinkle over the pasta.

Place the dish in the hot oven for 20 to 25 minutes, or until golden and bubbling. Leave to stand for around 5 minutes, then serve with green vegetables.