



MAC 'N' CHEESE LOADED WITH MEXICAN PORK

Meat main dish / Grab & Go: This recipe provides a portion of starchy food and a portion of meat. It counts towards the standards to provide a portion of starchy food and a portion of meat, fish, eggs, beans or other non-dairy sources of protein each day and a portion of meat or poultry on three or more days each week.

Recipe adapted from: ISS Education

Ingredients

128g chilli purée
1.6kg diced pork leg
1.1L reduced salt vegetable bouillon
1.3kg macaroni

Bechamel sauce:

2L semi skimmed milk
200g plain flour
200g margarine
4g (2tsp) ground nutmeg
4g (2tsp) cooking salt
4g (2tsp) ground white pepper
192g Reduced-fat Cheddar cheese, grated

Government Buying Standards for Food & Catering Services

Using the GBSF nutrition criteria to buy ingredients helps to reduce the amount of salt, saturated fat and sugar in children's diets.

For this recipe: choose oils & spreads based on unsaturated fats; hard yellow cheese with a maximum total fat content of 25g/100g; stock preparations with a salt content less than 0.6g/100ml as consumed.

Method

1. Mix the chilli puree and pork together. Cover and refrigerate and allow to marinade for 30 minutes.
2. Place the pork and marinade in a large pot on the stove, pour over the stock and cover. Bring to the boil then allow to simmer until the pork is very soft (approx. 90mins).
3. Cook the pasta as per instructions then drain well and refresh with cold water.
4. Meanwhile, make the Béchamel sauce. Place a pan over a low heat, add the margarine and when melted, add the flour stirring continually for 4-5 minutes. Add the milk slowly to the pan whisking continually to avoid getting any lumps. Now add nutmeg and seasoning. Once all the milk has been added simmer gently for 5-6 min until sufficiently thickened.
5. Remove the pork from the pot and pull apart using two forks.
6. Continue boiling down the stock to reduce until the sauce is thickened. Pour the thickened sauce over the pork until it is just coated and mix well.
7. Add the pasta and cheddar to the Béchamel and mix well. Pour the pasta into a baking tray and place in to the oven. Bake for 15 minutes or until golden.
8. To serve, portion out the Macaroni Cheese and top with a portion of the pulled pork.



Number of portions this recipe makes:

24 primary servings (320g)
18 secondary servings (430g)



Prep: 20 minutes

Cook: 30 minutes



Allergy information:

Celery, egg, milk, wheat (gluten)



Top Tips

If not using the Béchamel sauce immediately cover with cling film to prevent a skin forming.

Serve with a homemade coleslaw or fresh green salad