Meaty Macaroni Cheese – Serves 6

2 tbsp olive oil

1 oniion, chopped

1 garlic clove, fine chopped

500 g/1 lb 2 oz fresh beef or lamb mince

200 g/7 oz canned sweetcorn, drained

400 g/14 oz canned chopped tomatoes

1 tsp dried mixed herbs

225 g/8 oz dried macaroni

40 g/1 ½ oz butter

40 g/1 ½ oz plain flour

500 ml/18 fl oz milk

2 tsp Dijon mustard

200 g/7 oz Cheddar cheese, grated

Salt and pepper

Method

Heat the oil in a saucepan. Add the onion and garlic and cook over a low heat, stirring occasionally, for 5 minutes, until softened. Add the beef, increased the heat to medium and cook, breaking it up with a wooden spoon, for 8-10 minutes, until browned all over. Stir in the sweetcorn, tomatoes and mixed herbs and season to taste with salt and pepper. Reduce the heat, cover and simmer, stirring occasionally for 25-30 minutes.

Bring a large pan of salted water to the boil. Add the macaroni, return to the boil and cook for 10 minutes, until tender but still firm to the bite.

Meanwhile, preheat the grill. Melt the butter in a separate saucepan. Sprinkle in the flour and cook, stirring constantly, for 2 minutes. Remove the pan from the heat and gradually stir in the milk, a little at a time. Return the the pan to the heat and bring to the boil, stirring constantly, for 5 minutes until thickened and smooth. Remove the pan from the heat and stir in the mustard and 15 g/5 ½ oz of the cheese. Stir well until the cheese has melted.

Drain the macaroni and tip it into the cheese sauce, stirring well to mix. Spoon the beef mixture into a baking dish, then cover the macaroni mixture. Sprinkle with the remaining cheese and cook under the preheated grill for 4-5 minutes until the top is golden and bubbling. Serve immediately