

# Cooking at Home *with* City Catering

## Butternut Squash Macaroni Cheese

How to make really easy, and deliciously Mac 'n' Cheese

Serves  
4

### Ingredients

- 200g plain flour
- 400g macaroni
- 50g butter
- 50g plain flour
- 500ml milk
- 150g grated cheese
- 500g cooked Butternut squash



## Method:

### Roast butternut squash

1. Preheat oven to 190°C.
2. Using a large, sturdy knife, cut your butternut squash in half lengthwise.
3. Scoop out the seeds and stringy bits from each half and discard (or save for roasting).
4. Transfer the butternut squash, cut-side up into a baking dish and brush with oil.
5. Roast in the oven for approximately 1 hour to 1 hour and a half, until soft and fork-tender. Cooking time will very much depend on the size of the butternut squash so if it is very large and requires longer cooking, cover it with tin foil to prevent it burning on the outside.
6. Remove from oven and allow to cool. Using a spoon, scoop flesh from the skin, start in the middle and work your way to the edges until there is no flesh left in the skin.
7. Weigh the amount you need for this recipe and mash it using a fork or potato masher until smooth with no lumps.

### Mac & Cheese

1. Cook the macaroni pasta: bring a saucepan of water to the boil. Add the pasta and cook following manufacturer's instructions. Drain in a colander, rinse with a bit of cold water (to prevent it sticking together) and keep aside until needed.
2. Melt butter in medium to large a saucepan, stir in the flour over a low heat without allowing to colour. Gradually whisk in the milk. Bring to the boil, then reduce the heat and cook until thick & smooth
3. Add 2/3 of the cheese and stir until melted.
4. Add the butternut squash puree and mix until well combined.
5. Taste and season with salt and pepper if required. A pinch grated nutmeg (if available) would be lovely too.
6. Add the cooked pasta and mix well.
7. Transfer to a greased baking dish and sprinkle over the remaining cheese.
8. Cook in the oven until the cheese has melted and the top is golden brown.

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