

# Mac 'n' veg slice

**Like a thick omelette, made with pasta and vegetables, this can be served hot, warm or cold for a tasty light meal.**

**Serves:** 4 adults

**Preparation time:** 10 mins

**Cooking time:** 30 mins

## Ingredients:

- 100g macaroni
- 1 tsp vegetable oil
- 1 peppers, any colour deseeded and chopped
- 1 courgette grated
- 100g frozen peas
- 4 eggs
- 2 tbsp 1% fat milk
- 50g reduced fat hard cheese grated
- 1 tsp dried mixed herbs
- 1 pinch ground black pepper
- 1 handful mixed salad leaves

## What to do:

1. Cook the macaroni in boiling water for 10-12 minutes, until just tender. Rinse with cold water to cool it quickly, then drain thoroughly.
2. Heat the vegetable oil in a non-stick frying pan and stir-fry the pepper for 3-4 minutes. Remove from the heat and add the courgette and peas or sweetcorn. Add the macaroni and mix well.
3. Beat the eggs and milk together, then stir in the reduced fat cheese and dried herbs. Season with black pepper. Pour into the frying pan and cook over a low heat for 4-5 minutes, without stirring, to set the base. Meanwhile, preheat the grill to medium-high.
4. Put the frying pan under the grill and cook for 4-5 minutes until the surface has set and is golden brown. Serve hot, warm, or cold, cut into wedges - with some salad on the side.

**Tip 1:** For a packed lunch or picnic, use an insulated container and include a small ice pack to keep the pasta slices cool and fresh.

**Tip 2:** You could use cooked potatoes instead of pasta. You'll need about 225g, chopped into chunks.

**Tip 3:** Use any small pasta shapes instead of macaroni.



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**Nutritional information:**

Per portion (i.e. ¼ recipe)

987kJ / 236kcal

16g protein

25g carbohydrate of which 4g sugars

9g fat of which 3g saturates

3g fibre

162mg sodium equivalent to 0.4g salt

