

# **Macaroni / Cauliflower Cheese**

## **Ingredients**

100g macaroni OR a small cauliflower

100g grated cheddar cheese

25g plain flour

25g margarine

250ml semi skimmed milk

½ tsp dry mustard powder

Salt and pepper

Tomato and parsley to garnish

Oven proof dish and tin foil to cover

Apron