

FAILSAFE Mac 'n' Cheese



Serves	4-6
Prep time	30 minutes
Cook time	30 minutes
Total time	1 hour
Allergy / Intolerance	Amines , Artificial Additives , Artificial Colours , Egg , Glutamates , Preservatives , Salicylates , Wheat
Suitable for	Gluten Free , RPAH Elimination Diet - Low Chemical / Failsafe
Meal type	Main Dish
Misc	Child Friendly , Freezable , Pre-preparable , Serve Hot

Ingredients

- 300g pasta of choice
- 80g butter
- 1/4 cup tapioca flour
- 2 cups milk
- 100g cream cheese
- 1/2 teaspoon salt
- 1 teaspoon minced garlic
- 1/2 cup No-Tomato Sauce or Pear Sauce (Refer to recipe)

Topping:

- 3 tablespoons rice crumbs
- 1 tablespoon butter

Directions

1. Preheat the oven to 180°C and lightly grease a 2 litre casserole dish.
2. Cook the pasta, drain and set aside.
3. Melt the 80g butter in a large saucepan over medium heat. Stir in the flour and cook for a few minutes, stir constantly.
4. Slowly add the milk, whisking to remove any lumps. Cook, stirring over low-medium heat, until thickened.
5. Remove from the heat and add the cream cheese, garlic, salt and sauce. Stir until the cheese has melted and is well combined.
6. Add the pasta and mix well.
7. Pour the pasta into the casserole dish.
8. Melt the remaining butter in a small saucepan. Add the rice crumbs and a pinch of salt, and mix well. Sprinkle over the top of the pasta.
9. Bake for 30 minutes and serve hot.



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Note

Low Chemical / FAILSAFE

This recipe is gluten-free if you use gluten-free pasta. I use Olive Green Organics Amaranth & Rice Penne.

If amines are OK, or you are doing the amines challenge, add 100g grated cheese instead of cream cheese.

This recipe makes a great base for adding other pureed, mashed or finally chopped vegetables, or finely chopped allowed cooked meats. Stir them in at step 5.