

Macaroni

Cheese



Main Meal

Macaroni Cheese

Preparation time: 10 minutes

Cooking time: 40 minutes

Makes: 2 portions

Ingredients

- 125ml Renastep™ (1 bottle)
- 100g macaroni pasta
- 10g vegetable margarine
- 10g plain flour
- 40g full fat garlic and herb soft cream cheese
- 20g emmental cheese
- 2g wholegrain mustard
- pinch of ground black pepper
- ½ tsp ground nutmeg

Method

1. Preheat oven to 190°C/375°F/Gas Mark 4.
2. Place the macaroni into a saucepan of boiling water. Boil for 9-10 minutes whilst stirring occasionally.
3. Meanwhile, place the vegetable margarine into a saucepan and heat on low until melted.
4. Add the flour to the pan and stir until the mixture forms a smooth paste. Cook on a low heat for approximately 2 minutes.
5. Pour half of the Renastep into the pan and allow to boil without stirring.
6. Stir until the mixture blends smoothly and then beat with a whisk. Add the remaining Renastep to the mixture and stir in until it is all combined.
7. Take off the heat and stir in the soft cream cheese, emmental cheese, wholegrain mustard and pepper.
8. When the pasta is cooked, drain and add the sauce. Stir well until it is all combined together.
9. Place the mixture into an oven proof dish, sprinkle with nutmeg and bake in the oven for 25 minutes.

Nutritional Information

Nutrient		per portion	per 100g
Calories	kcal	440	285
Protein	g	12.8	8.3
Sodium	mg/mmol	171 / 7.3	111 / 4.8
Potassium	mg/mmol	179 / 4.5	116 / 2.9
Phosphorus	mg/mmol	204 / 6.5	132 / 4.2
Calcium	mg/mmol	167 / 4.2	108 / 2.7

Dietitian's notes



Renastep is a Food for Special Medical Purposes and must be used under medical supervision. Renastep is a ready to use feed for the dietary management of kidney disease from 3 years of age onwards. Renastep contains **milk** and **fish**. Refer to labels for allergen and other product information.

This recipe has been specifically designed for the dietary management of kidney disease.



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