

Vegetable macaroni cheese

Total time **50 mins**

Nutritional facts (per portion):
2680 kJ / 640 kcal

Fat: **27.5 g** Protein: **21.6 g**
Carbohydrates: **73 g**

INGREDIENTS

4 portion(s)

For the sweet soy sauce:

200 ml vegetable stock
60 ml Kikkoman Naturally
Brewed Soy Sauce
1.5 tbsp sugar
3 tsp cornflour/potato starch

For the gratinated vegetable macaroni:

200 g macaroni
100 g Broccoli
160 g cherry tomatoes (approx.
16 pieces)
100 g small yellow pepper
100 g onions
100 g mushrooms
2 tbsp olive oil
salt, freshly ground white
pepper

For the gratin sauce:

800 ml milk
60 g butter
80 g flour
50 ml vegetable stock
1 tsp salt
freshly ground white
pepper
1 tsp sugar
2 tbsp grated Parmesan cheese

PREPARATION

Step 1

For the sweet soy sauce, heat the vegetable stock, soy sauce and sugar. Mix cornflour with 4 teaspoons of cold water, add to the sauce and bring to the boil. Keep warm.

Step 2

For the gratin cook the macaroni according to the packet instructions. Heat olive oil in a pan, add the prepared vegetables, sauté for about 5 minutes and season with salt and pepper. Put the vegetables on a plate and keep warm while you make the gratin sauce.

Step 3

For the gratin sauce, put milk in a small pan and heat gently. Put butter and flour into another pan and cook on low heat (without the mixture burning) for a few minutes while stirring.

Step 4

Pour on warm milk little by little and stir well so that the sauce does not clump together. Add the vegetable stock, bring to the boil and season the sauce with salt, pepper and sugar. Preheat oven to 220°C (200°C fan).

Step 5

Mix vegetables and macaroni with the sauce, place in a baking dish, sprinkle with parmesan and bake

in the preheated oven for approx. 5 minutes
Remove the bake from the oven, sprinkle with the
sweet soy sauce and serve.