No Roux Mac & Cheese

* 450g of dried macaroni or other pasta
* 360mls of semi skimmed milk
* 2 tablespoons plain flour
* 200g of cheese (grated)
* 150g of frozen peas
* 50g cooked ham cut into small pieces
* Garlic powder, chilli, salt and pepper to taste.
1. Bring a pan to the boil, add the pasta and the peas. When the pan returns to the boil, reduce to a simmer until the are cooked, then drain.
2. Place 200mls of the milk in a medium saucepan over a medium heat. Put the flour into the remaining 160mls of milk and whisk together until there is no remaining flour.
3. Add the whisked milk to the warmed milk in the pan, then continue to stir until the sauce thickens. This is important or it will go lumpy/burn.
4. Once thicken, reduce heat and slowly add the grated cheese until it has all melted.
5. Add the cooked ham and season with garlic, chilli, salt and pepper to taste
6. Combine the pasta with the sauce and serve.

Alternatively, you could put the mixture in an ovenproof dish, add more grated cheese to the top and bake for an additional 15 minutes.