



CHICKEN AND BACON MAC AND CHEESE

(Donovan Miller, Nelson Mandela Bay campus).

INGREDIENTS

- * 1 onion
- * ½ each red, green and yellow pepper
- * 15ml mixed dry herbs
- * 1 clove garlic
- * 15ml oil
- * 200g chicken breast fillet, cut into thin slices
- * 200g bacon, cut into bits
- * 500g macaroni, cooked (as per packet instructions)

For the sauce

- * 750ml milk
- * 2 heaped tablespoons corn flour
- * 200g grated cheddar cheese, for topping
- * Spring onion, chopped for garnish (optional)
- * Salt and pepper to taste.

METHOD

1 In a large saucepan, sweat the onions and peppers on low heat until the onions are translucent. Add the herbs and garlic and continue cooking for 5 minutes. Turn up the heat and add the bacon and fry until it changes colour. Pour off the excess fat, add the chicken and cook for a further 10 minutes. When all the meat is cooked, add 500ml of the milk and bring to a simmer and cook for 5 minutes. When the mixture is hot, combine the remaining milk with the corn flour to create a slurry and add to the hot milk mixture. Stir continuously until the sauce thickens to a coating consistency. Taste and adjust the seasoning with salt and pepper. Mix the sauce and cooked macaroni until well combined and spoon into a greased casserole dish, top with cheese to completely cover the top, grind over some cracked black pepper and place in a pre-heated oven at 200°C until the cheese bubbles and forms a golden crust. Set aside to cool slightly before grating over fresh parmesan and a light sprinkle of chopped spring onion if using.