



Spicy lamb harissa mac & cheese

SERVES 6-8 **PREP 15 mins plus resting** **COOK 1 hr** **MORE EFFORT**

'Macaroni cheese is a well-loved classic, and such a nostalgic pasta dish. The twist of mixing it with a punchy, harissa-spiked lamb mixture adds spice and indulgence.'

Liberty Mendez

1 tbsp vegetable oil
1 large onion, finely chopped
3 garlic cloves, crushed
½ tsp cayenne pepper
400g lamb mince
3 tbsp harissa
50g butter, cut into cubes

1 Heat the oil in a large frying pan over a medium heat, and fry the onion for 8 mins until softened. Add the garlic and cayenne, and fry for 2 mins more. Turn the heat to medium-high and add the lamb mince.

Fry for 5-8 mins until golden and cooked through. Stir in the harissa and cook for 2 mins more. Set aside.

2 Heat the oven to 200C/180C fan/gas 6. Melt the butter in a saucepan over a medium heat, then stir in the flour for 1 min until combined. Gradually add the milk a little at a time, stirring after each addition until it's all combined and whisk in at the end – this should take about 5 mins. Simmer for 5 mins, whisking occasionally – it will be quite loose. Add three-quarters

50g plain flour
900ml whole milk
150g mature cheddar, grated
100g parmesan, grated
300g macaroni
½ tsp chilli flakes

each of the cheddar and parmesan. Season.

3 Meanwhile, cook the macaroni in a large saucepan of boiling salted water for three-quarters of the recommended cooking time on the pack. Drain and rinse under cold water.

4 Tip the drained macaroni and the lamb mixture into the cheese sauce, stir to combine, and taste for seasoning. Pour into a large casserole dish, top with the remaining cheese and sprinkle over the chilli flakes. Bake for 30 mins until golden brown, then leave to rest for 5 mins before serving.

GOOD TO KNOW calcium

PER SERVING (8) 554 kcals • fat 30g • saturates 16g • carbs 40g • sugars 8g • fibre 3g • protein 28g • salt 1.1g



LIBERTY MENDEZ

Liberty is Good Food's recipe developer. She was a pastry chef at the House of Commons before joining the team. She has a keen interest in baking and plant-based cookery.
@bakingthelibrary

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Samuel Groves
Made in England 1817

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