

# Macaroni Cheese

recipes  
using Renastep

## 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

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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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Main Meal