

Butternut Pumpkin Mac and Cheese

Creamy baked mac and cheese with roasted butternut pumpkin hidden in the sauce

DIFFICULTY Easy
COURSE Main
CUISINE Australian



PREP
20 min



COOK
40 min



TOTAL
60 min



SERVES
6



FREEZES WELL
Yes

01 Ingredients

- 500g butternut pumpkin, peeled and cubed
- 1 tbsp olive oil
- 300g macaroni
- 40g butter
- 40g plain flour

02 Method

1. Preheat the oven to 200C. Toss the pumpkin in the olive oil on a tray and roast for 25 minutes until soft and golden.
2. Meanwhile, cook the macaroni in salted boiling water for 2 minutes less than the packet says. Drain.
3. Melt the butter in a saucepan, stir in the flour and cook for 1 minute. Gradually whisk in the milk and simmer for 5 minutes until thickened.
4. Blend the roasted pumpkin with a splash of the sauce until smooth, then stir it back into the pan with the cheddar, mustard powder and salt.
5. Fold the macaroni through the sauce and tip into a baking dish. Scatter with breadcrumbs and the extra cheese.
6. Reduce the oven to 180C and bake for 15-20 minutes until golden and bubbling.

04 Common mistakes

- **Overcooking the pasta** — it keeps cooking in the oven, so take it off 2 minutes early.
- **Adding cold milk quickly** — whisk it in gradually to keep the sauce lump-free.
- **Boiling the cheese sauce** — high heat makes the cheese greasy; stir it in off a gentle heat.

- 500ml milk
- 200g grated tasty cheddar
- ½ tsp mustard powder
- ½ tsp salt
- 50g breadcrumbs
- 30g extra grated cheese, for the top

03 Notes & substitutions

- Use pumpkin that has been roasted ahead of time, or leftover roast pumpkin.
- Add crispy bacon, peas or broccoli florets for extra substance.
- Any firm pumpkin works - Jap, Queensland Blue or butternut.
- For a gluten-free version, use gluten-free pasta and swap the flour for corn flour.

05 Storage & leftovers

FRIDGE	Up to 3 days in a sealed container; add a splash of milk when reheating.
FREEZER	Freezes well for up to 3 months. Thaw overnight and reheat in the oven.
REHEATING	Cover with foil and bake at 160C for 20 minutes.