

Jamaican mac & cheese (gluten free)

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Jamaican mac & cheese (gluten free)

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Looking for gluten-free pasta ideas? We love this Jamaican mac & cheese recipe from Kate Bradley.

Ingredients (serves 4-5)

Cooking time: 30 minutes

Prep time: 10 minutes

- 1 packet gluten-free macaroni
- 1 tsp salt
- 2 tbsp vegan butter
- 1 tbsp coconut oil
- 2 tbsp white spelt or buckwheat flour
- 2¼ cups creamy soy milk
- 2 tsp Dijon mustard
- ¼ tsp ground nutmeg
- ¼ tsp Aleppo pepper
- ¼ tsp white pepper
- ¼ tsp salt flakes
- 2 cups grated [cheese](#) or vegan cheese
- 2 slices gluten-free bread (blitzed into crumbs)

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Method

Begin by cooking the macaroni in a pot of water with the one teaspoon of salt, until al dente. Remove from heat, drain and rinse under cold water. Set aside.

To make the cheese sauce, begin by melting the butter and coconut oil in a medium pot. Add in the flour and mix together. Add in the milk, a quarter of a cup at a time, stirring to maintain a smooth mixture. Once all milk is added, add in the remaining ingredients minus a quarter of a cup of the cheese and the breadcrumbs. Mix the noodles into the cheese sauce and place into a casserole dish.

Sprinkle over the breadcrumbs and remaining quarter of a cup of cheese. Place in a preheated 180°C oven for 20 minutes or until golden on top and warmed through. Serve and enjoy warm.

Recipe by the Kenko Kitchen's Kate Bradley; photo credit: Elisa Watson

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