

## Macaroni Pie

**Serves:** 8

**Prep time:** 30 minutes

**Cook time:** 40 minutes



1 serve per portion

### Ingredients

1 ½ cups elbow macaroni, uncooked

2 tablespoons margarine

1 small brown onion, finely chopped

1 zucchini, grated

½ head cauliflower, grated

2 eggs

680ml evaporated milk, reduced fat

¼ teaspoon stock powder

¼ teaspoon white pepper

1 teaspoon garlic powder

1 ½ teaspoons dry mustard powder

½ teaspoon dried thyme

1 teaspoon smoked paprika

¼ teaspoon cayenne pepper (optional)

3 ½ cups cheddar cheese, reduced fat,  
grated



Everyday Food

### Method

**COOK** macaroni according to package directions. Drain when cooked and set aside to cool.

**MELT** margarine in a large pot over medium heat. Add onion and caramelize for 5-10 minutes.

**SQUEEZE** excess moisture from grated zucchini and cauliflower using a tea towel. Add to pot with onion and cook until soft.

**ADD** cooked macaroni to pot and stir to combine with vegetables.

**BEAT** eggs in medium bowl and stir in evaporated milk, stock powder, pepper, garlic powder, dry mustard, dried thyme, smoked paprika and cayenne pepper (*optional*).

**POUR** egg mixture over macaroni and stir until well coated.

**STIR** three cups of grated cheese into pot, reserving ½ cup cheese for topping.

**POUR** mixture into baking dish and top with reserved cheese.

**BAKE** for 40 minutes or until the pie is firm and golden brown.

*Recipe courtesy of the Country Kitchens 2023 Country of Study Collection – Trinidad and Tobago*