

For the ?Q? in our Ingredients Alphabet we used Quark as the base for the Cheese sauce.

Ingredients:-

2 cooked Chicken breasts, cubed
Cauliflower and Broccoli, cut into florets
Mature Cheddar Cheese, grated
200ml Quark
Milk
Pasta (Gluten free in our case)
2 cloves of Garlic, grated
½ a large Onion, chopped
Mixed Herbs
Black Pepper
Salt & Vinegar crisps crushed
Oil and Margarine

Method:-

(1) Gentle Blanch the Cauliflower and Broccoli and drain.
(2) Boil the Pasta until it has a little bite and drain.
(3) Fry the Onions and Garlic in the Oil and Margarine and season with Salt & Pepper.
(4) Add the Chicken and heat through.
(5) Add ½ Quark and ½ Milk as the foundation of your sauce.
(6) Add ¾ of your grated Cheese.
(7) Add mixed herbs and Pepper to season.
(8) Add the Onions and Garlic and stir in.
(9) Add the Broccoli and Cauliflower and stir in.

(10) Stir in the Pasta.
(11) Transfer to an oven proof casserole.
(12) Sprinkle with the crushed Crisps and the remaining grated Cheese.
(13) Bake at 180c for 20 minutes or so until the Cheese has melted and slightly browned.

We made some Gluten free Galic bread and cobbled together a salad. It was very tasty.