



Gluten free Pasta is a bit odd and you really need to forget everything you knew about Pasta because it will not ?Hold? and it certainly doesn?t stand re-cooking. But this worked really well. This was the second meal from the discounted Chicken which cost £2.38.

Ingredients:-

3 Rashers of Bacon, finely chopped

½ a Cooked Chicken, cubed

60g of Grated Italian style Cheese

100g of Grated Cheddar Cheese

3 Tbsp Mayo

½ Tsp of Hot Sauce

1 Tsp of Dry Mustard Powder

½ Tsp of Ground Black Pepper

½ Tsp Garlic Powder

½ Tsp of Onion Powder

½ Tsp of Paprika

1 Onion, finely sliced

3 Mushrooms, finely sliced

3 Cloves of Garlic, minced

Macaroni (Gluten free of us)

100ml of Greek Yogurt

100ml of Milk

Oil to fry

Method:-

- (1) Fry the Onions, Bacon and Garlic in a little oil until the Onions have softened.
- (2) Add the Mushrooms, then the Chicken and cook until the Chicken is thoroughly heated.
- (3) In a separate pan add the Milk, Yoghurt and Mayo. Heat until it simmers and then add the other ingredients except the Macaroni and Cheese.
- (4) Simmer for a further 5 minutes.
- (5) Cook the Pasta and drain. Add to an oven proof casserole.
- (6) Add the Onion and Bacon mixture to the sauce and stir in.
- (7) Pour over the Macaroni then add the grated Cheese and Italian style Cheese.
- (8) Place under the grill until the Cheese has melted and browned slightly.

We served our with Corn on the Cob and a few home grown Peas.