

Jason Pettit – Capital Radio Recipe



Skillet Pan Mac n Beef

An easy to prepare, no fuss one pan recipe that is ready in under 30 minutes.

Makes enough for 4 people.

Ingredients

½	kilo	ground beef (some fat is good for flavour)
2	Tbsp	butter
		sea salt, pepper to taste
220	gram	dried macaroni (standard size, not the small one)
475	ml	milk (2 cups – full or low fat)
290	ml	warm water (1¼ cups)
¼	Tsp	mustard powder (1.5 grams)
¼	Tsp	paprika powder (1.5 grams)
¼	Tsp	garlic powder (1.5 grams)
¼	Tsp	nutmeg powder (1.5 grams)
125	gram	mature cheddar cheese grated (1½ cups)
50	gram	cream cheese (3 Tbsp)
2	large	spring onions (trimmed, sliced thinly on an angle)
4	Tbsp	panko breadcrumbs (heaped Tbsp)

Serve with crusty / garlic bread.

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Method

Pre-heat a large skillet pan over a medium heat then add the butter.

Once the butter is foaming, add the ground beef and stir to crumble / break up.

Lightly season and cook until lightly browned all over.

Reduce heat to medium then add the spices and macaroni and stir to mix. Add the milk and warm water and another ½ Tsp approx. of salt and stir.

Bring to a low simmer then cover with a lid.

Reduce the heat to low and leave to cook until the macaroni is just cooked approx. 10 – 12 minutes.

Add the grated cheddar and cream cheese and stir until fully mixed and the cheese has melted.

Taste and adjust the seasoning if required.

Remove pan from the heat.

Stir in all the sliced white part of the spring onions and most of the green – reserve a handful for garnishing.

Sprinkle the panko breadcrumbs over the top and place under a pre-heated grill.

Once the breadcrumbs have turned golden brown, remove from the grill.

Serve garnished with remaining sliced green spring onion.

Notes from the chef:

You can substitute turkey mince for a lighter / healthier option.

Add some sliced jalapeno chili pepper when you stir in the cheeses for an extra warming 'kick'.

You can substitute penne pasta for the macaroni, but it may take longer to cook.

The mature cheddar can be substituted for 'Double Gloucester / Gouda / Gruyere'

You can use a milder cheddar cheese if you desire.

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Tbsp - tablespoon

Tsp - teaspoon