



Sleisen Macaroni

Cynhwysion

50g macaroni
1/2 llwy de o olew llysiau
1/2 pupur, unrhyw liw wedi'i sleisio
1/2 courgette wedi gratio
50g pys wedi rhewi (neu india corn)
2 wŷ
1 llwy fwrdd o laeth 1% braster
25g caws braster isel wedi gratio
1 llwy de o berlysiâu sych cymysg
Pinsiad o bupur du mâl

Cynllun 1400
2 x 80g o lysiau

Dull

1. Coginiwch y macaroni mewn dŵr berwedig am 10-12 munud, neu nes yn feddal. Rinsiwch gyda dŵr oer i oeri'r macaroni yn sydyn cyn draenio.
2. Cynheswch yr olew mewn padell ffrio a ffrio'r pupur am 3-4 munud. Tynnwch oddi ar y gwres cyn ychwanegu'r courgette, y pys neu'r india corn. Ychwanegwch y pasta macaroni a chymysgu'n dda.
3. Curwch yr wyau a'r llaeth cyn ychwanegu'r caws a'r perlysiâu sych. Ychwanegwch bupur du. Arllwyswch y gymysgedd i mewn i'r badell ffrio a'i goginio ar wres isel am 4-5 munud heb ei droi. Yn y cyfamser, cynheswch y gril i dymheredd canolig - uchel.
4. Rhowch y badell o dan y gril i goginio am 4-5 munud nes bod yr wyneb yn euraidd. I'w weini yn boeth neu'n oer wedi ei dorri yn dafelli gyda salad a 2 x 80g o lysiau.

Macaroni Slice

Ingredients

50g macaroni
1/2 tsp vegetable oil
1/2 pepper, any colour, deseeded and chopped
1/2 small courgette, grated
50g frozen peas (or sweetcorn)
2 eggs
1 tbsp semi-skimmed or 1% fat milk
25g grated reduced-fat cheddar
1 tsp dried mixed herbs
Pinch ground black pepper

1400 plan
2 x 80g portions of veg

Method

1. Cook the macaroni in boiling water for 10-12 minutes, until just tender. Rinse with cold water to cool it quickly, then drain thoroughly.
2. Heat the vegetable oil in a non-stick frying pan and stir-fry the pepper for 3-4 minutes. Remove from the heat and add the courgette and frozen peas or sweetcorn. Add the macaroni and mix well.
3. Beat the eggs and milk together, then stir in the reduced-fat cheese and dried herbs. Season with black pepper. Pour into the frying pan and cook over a low heat for 4-5 minutes, without stirring, to set the base. Meanwhile, preheat the grill to medium-high.
4. Put the frying pan under the grill and cook for 4-5 minutes until the surface has set and is golden brown. Serve hot, warm, or cold, cut into wedges - with some salad on the side and an extra 2 x 80g portions of veg.

For a packed lunch or picnic, use an insulated container and include a small ice pack to keep the pasta slices cool and fresh.