

Fishy Mac & Cheese



Preparation Time	Cook Time	Servings	Oven Temperature
20	25-30	6	200
minutes	minutes	people	Celsius

This is a traditional Norwegian meal, served for dinner. It's healthy, and kids would beg you to serve them fish for dinner. And if they ask for Mac & Cheese this would make them ask for this next time.

It's takes about 20 min to prepare, and needs about 30 min in the oven. This recipe is perfect for 6 people, but make more if you have a large family to feed.

Ingredients:

- 4-500g Cod
- 500g Macaroni
- 1 liter milk
- 200-300g white flour
- 200g butter
- Shredded Cheese (Cheddar, Jarlsberg)
- White bread (dried bread crumbs)
- Salt, pepper
- 2 tsp. nutmeg



Directions

1. Start by bringing a fit casserole pot with water to boil.
2. Add the macaroni when the water comes to a boil. Rinse in cold water after suggested boiling time on package. You should be able to do this while doing the tasks below.
3. Melt butter and add flour until mixture thickens.
4. Then add milk 1-2 dl at the time. Stir well before adding another.
5. When it has become a sauce like consistence, add the spices(salt, pepper and 2 tsp. nutmeg)
6. Blend in the macaroni and fish
7. If the fish is frozen you need to let it cook on mid heat while stirring lightly.
8. Add everything to a large casserole dish.
9. Sprinkle shredded cheese and dried bread crumbs on top.
10. Cook in the oven for about 25-30 minutes at 200°C
11. Boil potatoes and shred carrots. Finish off with melted butter on top, and impress your family and friends

Hope you enjoy it as much as I do!