

# Fishy Mac & Cheese



Preparation Time	Cook Time	Servings	Oven Temperature
<b>20</b>	<b>25-30</b>	<b>6</b>	<b>400</b>
<b>minutes</b>	<b>minutes</b>	<b>people</b>	<b>Fahrenheit</b>

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:

- 1 lb. Cod
- 5 cups Macaroni
- 5 cups milk
- 1-2 cups white flour
- 0.5 lb. butter
- Shredded Cheese (Cheddar, Jarlsberg)
- White bread (dried bread crumbs)
- Salt, pepper
- 2 tsp. nutmeg



## Directions

- Start by bringing a fit casserole pot with water to boil.
- 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.
- Melt butter and add flour until mixture thickens.
- Then add milk 1 cup at the time. Stir well before adding another.
- When it has become a sauce like consistence, add the spices(salt, pepper and 2 tsp. nutmeg)
- Blend in the macaroni and fish
- If the fish is frozen you need to let it cook on mid heat while stirring lightly.
- Add everything to a large casserole dish.
- Sprinkle shredded cheese and dried bread crumbs on top.
- Cook in the oven for about 30 minutes at 400°F
- 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!