

No added MSG,
preservatives

SUFFICIENT FOR
2 MEALS



CHEESE SAUCE POWDER





CHEESE SAUCE

50 g SO GOOD CHEESE SAUCE POWDER (5 tbsp)
250 ml Water/Milk (1 cup)

METHOD

1. Whisk the SO GOOD CHEESE SAUCE POWDER with the water or milk in a pot.
2. Bring to the boil and cook for \pm 1 - 2 minutes, whisking continuously, until thickened.



MACARONI & CHEESE

100 g	SO GOOD CHEESE SAUCE POWDER (1 packet)
750 ml	Water/Milk (3 cups)
250 g	Pasta, Macaroni (cooked) (120g uncooked)
100 g	Cheese, grated

METHOD

1. Whisk the SO GOOD CHEESE SAUCE POWDER with the water or milk in a pot and bring to the boil, stirring continuously. Simmer for \pm 1 - 2 minutes.
2. Remove from the heat and mix the cooked pasta into the sauce.
3. Pour into a baking dish and sprinkle the cheese over the top.
4. Bake in the oven at 160°C for \pm 20 - 30 minutes until golden brown.



VEGETABLE LASAGNE

50 ml	Oil (3 tbsp)
800 g	Mixed vegetables, diced
25 g	Roast vegetable sprinkle (3 tbsp)
60 g	SO GOOD ITALIAN TOMATO COOK-IN-SAUCE POWDER (6 tsp)
c250 ml	Water (1 cup)
100 g	SO GOOD CHEESE SAUCE POWDER (1 packet)
250 g	Lasagna pasta sheets
100 g	Cheese, grated

METHOD

1. Heat the oven to 160° C. Put the vegetables into a roasting dish, sprinkle with the oil and roast vegetable sprinkle. Mix through. Bake for ± 30 - 40 minutes until the vegetables are cooked through.
2. Whisk half the water and the SO GOOD ITALIAN TOMATO COOK-IN-SAUCE together in a pot. Bring to the boil and cook for ± 2 minutes. Then stir in the vegetables. Remove from the heat.
3. Whisk the rest of water and the SO GOOD CHEESE SAUCE POWDER together in a separate pot and bring to the boil, stirring continuously. Simmer for ± 2 minutes. Remove from the heat.
4. Spread 2 tbsp of the cheese sauce over the base of a baking dish. Cover with pasta sheets.
5. Spoon ½ the vegetable mixture over the pasta sheets and spread evenly. Cover with a layer of pasta sheets.
6. Add the rest of the vegetable mixture and spread over the pasta sheets and cover with more pasta sheets.
7. Spread the rest of the cheese sauce over the pasta sheets and sprinkle with the grated cheese. Bake in the oven at 160°C for ± 30 - 40 minutes until golden brown on top.



CAULIFLOWER AND BROCCOLI BAKE

250 g	Cauliflower
250 g	Broccoli
100 g	SO GOOD CHEESE SAUCE POWDER (1 packet)
500 ml	Water/Milk (2 cups)
100 g	Cheese, grated

METHOD

1. Bring a pot of water to the boil with salt.
2. Add the cauliflower and broccoli and boil for \pm 5 minutes.
3. Drain and rinse under cold water.
4. Cut into florets and arrange in a serving dish.
5. Whisk the SO GOOD CHEESE SAUCE POWDER with the water or milk and bring to the boil in a pot, stirring continuously.
6. Cook for \pm 1 - 2 minutes and pour over the cauliflower and broccoli.
7. Sprinkle with the cheese and bake in the oven, or grill, until it starts to brown on top.



CREAMED SPINACH

1 kg	Spinach, washed and chopped
30 ml	Oil (2 tbsp)
150 g	Onion, chopped (1 onion)
100 g	SO GOOD CHEESE SAUCE POWDER (1 packet)
500 ml	Water/Milk (2 cups)

METHOD

1. Steam or cook the spinach for \pm 5 minutes. Drain and rinse under cold water.
2. Squeeze out all the water.
3. Heat oil in a pot. Sauté the onions in the oil until soft. Add the spinach.
4. Whisk the SO GOOD CHEESE SAUCE POWDER with the water or milk and add to the spinach.
5. Bring to the boil, stirring continuously. Cook for \pm 2 minutes.