



Stovetop Mac & Cheese

with Pea Shoot Salad

Rapid 20 Minutes • Mild Spice

18



Garlic Clove



Macaroni



Mature Cheddar Cheese



Vegetable Stock Paste



Creme Fraiche



Wholegrain Mustard



Grated Hard Italian Style Cheese



Chilli Flakes



Pea Shoots



Balsamic Glaze



Bacon Lardons

Pantry Items

Oil, Salt, Pepper

CUSTOM RECIPE

If you chose to add or double up on protein, then just follow the instructions on the back of this card.

Happy cooking!

Before you start

Our fruit and veg need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Kettle, garlic press, saucepan, colander, grater and frying pan.

Ingredients

Ingredients	2P	3P	4P
Garlic Clove**	2	3	4
Macaroni 13)	180g	270g	360g
Mature Cheddar Cheese** 7)	90g	140g	180g
Vegetable Stock Paste 10)	10g	15g	20g
Crema Fraiche** 7)	150g	225g	300g
Wholegrain Mustard 9)	17g	25g	34g
Grated Hard Italian Style Cheese** 7) 8)	40g	60g	80g
Chilli Flakes	1 pinch	1 pinch	2 pinches
Pea Shoots**	40g	60g	80g
Balsamic Glaze 14)	12ml	12ml	24ml
Bacon Lardons**	90g	120g	180g
Pantry	2P	3P	4P
Water for the Sauce*	50ml	75ml	100ml

*Not Included **Store in the Fridge

Nutrition

Typical Values	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	276g	100g	321g	100g
Energy (kJ/kcal)	3624 /866	1312 /313	4112 /983	1280 /306
Fat (g)	47.9	17.3	57.0	17.7
Sat. Fat (g)	28.7	10.4	31.6	9.8
Carbohydrate (g)	74.4	26.9	75.3	23.5
Sugars (g)	9.2	3.3	9.3	2.9
Protein (g)	33.9	12.3	41.6	12.9
Salt (g)	2.69	0.97	3.92	1.22

Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

7) Milk **8)** Egg **9)** Mustard **10)** Celery **13)** Cereals containing gluten **14)** Sulphites

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

Contact

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Garlic Time

- Boil a full kettle.
- Peel and grate the **garlic** (or use a garlic press).



Bring on the Pasta

- Pour the **boiled water** from your kettle into a large saucepan on high heat with $\frac{1}{2}$ **tsp salt**.
- Stir the **macaroni** into the **water** and bring back to the boil. Cook until tender, 12 mins.
- Once cooked, drain in a colander. Drizzle with **oil** and stir through to stop it sticking together. Set aside.



Get Cheesy

- Meanwhile, grate the **Cheddar cheese**.



Start your Sauce

- Heat a drizzle of **oil** in a large frying pan on medium-high heat.
- Once hot, fry the **garlic** for 30 secs.
- Add the **water for the sauce** (see pantry for amount), **veg stock paste** and **cooked pasta** to the pan. Bring to the boil, stirring constantly, then remove from the heat.



Mix the Mac & Cheese

- Vigorously stir the **crema fraiche**, **wholegrain mustard** (add less if you'd prefer) and both the **grated Cheddar** and **grated Italian style cheese** into the **macaroni**.
- Simmer until piping hot, 1-2 mins.
- Add a splash of **water** if it's a little too thick. Taste and season with **salt** and **pepper** if needed.



Serve

- Share the **mac & cheese** between your bowls.
- Sprinkle over the **chilli flakes** (add less if you'd prefer things milder).
- Serve the **pea shoots** alongside and drizzle over the **balsamic glaze** and a little **olive oil**.

Enjoy!

CUSTOM RECIPE

If you've chosen to add **bacon lardons** to your meal, add to the pan before the **garlic**. Stir-fry until golden, 4-5 mins, then add the **garlic** and continue as instructed. **IMPORTANT:** *Wash your hands and equipment after handling raw meat. Cook bacon thoroughly.*