



Gochujang Mac and Cheese with Cauliflower and Chives

Rapid 20 Minutes • **Medium Spice** • 1 of your 5 a day • Veggie

4



Cauliflower Florets



Chives



Macaroni



Mature Cheddar
Cheese



Gochujang Paste



Vegetable Stock
Paste



Creme Fraiche

Pantry Items

Oil, Salt, Pepper, Butter, Plain Flour

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, baking tray, saucepan, colander, grater and frying pan.

Ingredients

Ingredients	2P	3P	4P
Cauliflower Florets**	300g	450g	600g
Chives**	1 bunch	1 bunch	1 bunch
Macaroni 13	180g	270g	360g
Mature Cheddar Cheese** 7	60g	90g	120g
Gochujang Paste 11	50g	80g	100g
Vegetable Stock Paste 10	10g	15g	20g
Crema Fraiche** 7	150g	225g	300g

Pantry	2P	3P	4P
Butter*	30g	45g	60g
Plain Flour*	2 tbsp	3 tbsp	4 tbsp
Water for the Sauce*	250ml	375ml	500ml

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	401g	100g
Energy (kJ/kcal)	3845 /919	959 /229
Fat (g)	50.3	12.6
Sat. Fat (g)	30.0	7.5
Carbohydrate (g)	88.6	22.1
Sugars (g)	15.1	3.8
Protein (g)	26.7	6.6
Salt (g)	3.47	0.87

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

Allergens

7) Milk **10)** Celery **11)** Soya **13)** Cereals containing gluten

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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Get Started

- Preheat your oven to 220°C/200°C fan/gas mark 7.
- Boil a full kettle.
- Halve any large **cauliflower florets**.



Make your Cheese Sauce

- Melt the **butter** (see pantry for amount) in a large frying pan on medium-high heat.
- Once the **butter** is hot, stir in the **flour** (see pantry for amount). Cook until it forms a paste, 1-2 mins - you've made a **roux**!
- Gradually stir in the **water for the sauce** (see pantry for amount), then stir in the **gochujang paste** (add less if you'd prefer things milder) and **veg stock paste**.
- Bring to the boil, lower the heat and simmer until thickened, 1-2 mins.



Cauliflower Power

- Pop the **cauliflower** onto a large baking tray. Drizzle with **oil**, season with **salt** and **pepper**, then toss to coat. Spread them out in a single layer.
- When the oven is hot, roast on the top shelf until golden brown and tender, 15-18 mins. Turn halfway through.
- Meanwhile, finely chop the **chives** (use scissors if easier).



All Together Now

- Stir the **crema fraiche** into the **sauce**, then remove from the heat.
- Mix in the **grated Cheddar** until melted.
- Taste and season with **salt** and **pepper** if needed.
- Stir the **roasted cauli**, **cooked pasta** and **half the chives** into the **sauce**. Add a splash of **water** if it's a little too thick.



Macaroni Time

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



Serve

- Share the **cauliflower mac and cheese** between your serving bowls.
- Sprinkle over the remaining **chives** to finish.

Enjoy!