



Veggie 'Nduja and Sweet Potato Mac & Cheese

with Crispy Breadcrumb Topping and Baby Leaf Salad

4

Winter Warmers 35-40 Minutes • **Very Hot** • 3 of your 5 a day • Veggie



-  Sweet Potato
-  Macaroni
-  Mature Cheddar Cheese
-  Garlic Clove
-  Breadcrumbs
-  Vegetable Stock Paste
-  Creme Fraiche
-  Vegan 'Nduja
-  Baby Leaf Mix
-  Balsamic Glaze

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. Ingredients in **red** are hot!

Cooking tools

Baking tray, saucepan, colander, grater, garlic press, bowl and ovenproof dish.

Ingredients

Ingredients	2P	3P	4P
Sweet Potato	2	3	4
Macaroni 13	180g	270g	360g
Mature Cheddar Cheese** 7	60g	90g	120g
Garlic Clove**	2	3	4
Breadcrumbs 13	25g	37g	50g
Vegetable Stock Paste 10	10g	15g	20g
Creme Fraiche** 7	150g	225g	300g
Vegan 'Nduja	½ sachet	¾ sachet	1 sachet
Baby Leaf Mix**	20g	50g	50g
Balsamic Glaze 14	12ml	18ml	24ml
Pantry	2P	3P	4P
Oil for the Breadcrumbs*	2 tbsp	3 tbsp	4 tbsp
Butter*	20g	30g	40g
Plain Flour*	1½ tbsp	2 tbsp	3 tbsp
Water for the Sauce*	200ml	300ml	400ml

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	619g	100g
Energy (kJ/kcal)	5019/1200	811/194
Fat (g)	55.6	9.0
Sat. Fat (g)	29.1	4.7
Carbohydrate (g)	143.7	23.2
Sugars (g)	25.6	4.1
Protein (g)	29.8	4.8
Salt (g)	2.68	0.43

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

Allergens

7) Milk **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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Roast the Sweet Potato

Preheat your oven to 220°C/200°C fan/gas mark 7.
Chop the **sweet potatoes** into 2cm chunks (no need to peel).

Put the **sweet potato chunks** onto a large baking tray. Drizzle with **oil**, season with **salt** and **pepper**, then toss to coat. Spread out in a single layer.

TIP: Use two baking trays if necessary.

When the oven is hot, roast on the top shelf until golden, 25-35 mins. Turn halfway through.



Make your Cheese Sauce

Pour the **water for the sauce** (see pantry for amount) into the **roux** a little at a time, followed by the **veg stock paste**. Bring to the boil, stir and simmer until thickened, 1-2 mins.

Stir in the **creme fraiche**, then remove from the heat.

Add the **vegan 'Nduja** (see ingredients for amount - add less if you'd prefer things milder) and **grated Cheddar** to the **sauce**. Stir until combined and melted.

Taste and season with **salt** and **pepper** if needed.
Add a splash of **water** if you feel it needs it.



Macaroni Time

Meanwhile, bring a large saucepan of **water** to the boil with ½ **tsp salt** for the **macaroni**.

When boiling, stir the **macaroni** into the **water** and bring back to the boil. Cook until tender, 12 mins.

Once cooked, drain in a colander and pop back into the pan. Drizzle with **oil** and stir through to stop it sticking together.

While the **macaroni** cooks, grate the **Cheddar cheese**. Peel and grate the **garlic** (or use a garlic press).



All Together Now

Once the **sweet potato** is roasted, remove it from the oven and turn your grill on to high.

Stir the **roasted sweet potato** into the **cheese sauce** along with the **cooked macaroni**.

Transfer the **pasta** to an appropriately sized ovenproof dish. Sprinkle over the **breadcrumbs**, then pop it under the grill until golden and bubbling, 2-3 mins.



Oh Crumbs

In a small bowl, combine the **breadcrumbs** and **oil for the breadcrumbs** (see pantry for amount). Season with **salt** and **pepper**. Set aside for now.

Melt the **butter** (see pantry for amount) in another large saucepan on medium-high heat.

Once hot, stir in the **garlic** and fry until fragrant, 30 secs.

Stir the **flour** (see pantry for amount) into the **garlic butter**. Cook until it forms a **paste**, 1-2 mins - you've made a **roux**!



Serve Up

Share the **mac & cheese** between your plates.

Serve the **baby leaf salad** alongside. Drizzle the **balsamic glaze** over the **leaves** to finish.

Enjoy!