



Stovetop Mac & Cheese

with Baby Leaf Salad

Quick 20 Minutes • Mild Spice

4



Garlic Clove



Macaroni



Mature Cheddar Cheese



Vegetable Stock Paste



Creme Fraiche



Dijon Mustard



Grated Hard Italian Style Cheese



Chilli Flakes



Baby Leaf Mix



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. Ingredients in red are hot!

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
Creme Fraiche** 7)	150g	225g	300g
Dijon Mustard 9) 14)	10g	15g	20g
Grated Hard Italian Style Cheese** 7) 8)	40g	60g	80g
Chilli Flakes	1 pinch	1 pinch	2 pinches
Baby Leaf Mix**	50g	70g	100g
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	Per serving	Per 100g	Custom Recipe	
			Per serving	Per 100g
for uncooked ingredient	303g	100g	348g	100g
Energy (kJ/kcal)	3588 / 857	1185 / 283	4075 / 974	1172 / 280
Fat (g)	47.4	15.7	56.5	16.3
Sat. Fat (g)	28.8	9.5	31.6	9.1
Carbohydrate (g)	74.5	24.6	75.4	21.7
Sugars (g)	9.0	3.0	9.0	2.6
Protein (g)	33.6	11.1	41.3	11.9
Salt (g)	2.74	0.90	3.97	1.14


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, cereals containing 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.

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Get Prepping

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



Pasta Time

- Pour the **boiled water** from your kettle into a large saucepan on high heat with $\frac{1}{2}$ **tsp salt**.
- Add the **macaroni** to 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.



Mac & Cheese Time

- Vigorously stir the **creme fraiche**, **Dijon mustard** and both the **grated Cheddar** and **hard 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 **baby leaves** alongside and drizzle over the **balsamic glaze** and a little **olive oil** if you'd like.

Enjoy!

CUSTOM RECIPE

If you've chosen to add **bacon lardons** to your meal, add them 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.**