



# Stovetop Veggie 'Nduja Mac & Cheese

with Baby Leaf Salad and Cucumber

17

**Quick** 20-25 Minutes • **Medium Spice** • 1 of your 5 a day



Garlic Clove



Macaroni



Mature Cheddar Cheese



Baby Cucumber



Vegetable Stock Paste



Mixed Herbs



Creme Fraiche



Vegan 'Nduja



Grated Hard Italian Style Cheese



Baby Leaf Mix



Balsamic Glaze



British Smoked Bacon Lardons

#### Pantry Items

Oil, Salt, Pepper

#### + Add Bacon Lardons

If you chose to add bacon lardons, 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**	3	5	6
Macaroni <b>13</b>	180g	270g	360g
Mature Cheddar Cheese** <b>7</b>	60g	90g	120g
Baby Cucumber**	1	1½	2
Vegetable Stock Paste <b>10</b>	10g	15g	20g
Mixed Herbs	1 sachet	1 sachet	2 sachets
Crème Fraîche** <b>7</b>	150g	225g	300g
Vegan 'Nduja	½ sachet	¾ sachet	1 sachet
Grated Hard Italian Style Cheese** <b>7</b> <b>8</b>	40g	60g	80g
Baby Leaf Mix**	50g	70g	100g
Balsamic Glaze <b>14</b>	12ml	12ml	24ml
British Smoked Bacon Lardons**	90g	120g	180g
<b>Pantry</b>	<b>2P</b>	<b>3P</b>	<b>4P</b>
Water for the Sauce*	75ml	100ml	125ml

\*Not Included \*\*Store in the Fridge

## Nutrition

Typical Values	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	383g	100g	428g	100g
Energy (kJ/kcal)	3469 /829	906 /217	3957 /946	925 /221
Fat (g)	44.0	11.5	53.1	12.4
Sat. Fat (g)	26.1	6.8	29.0	6.8
Carbohydrate (g)	78.6	20.5	79.5	18.6
Sugars (g)	10.5	2.7	10.6	2.5
Protein (g)	30.6	8.0	38.3	8.9
Salt (g)	2.51	0.66	3.74	0.87

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

## Allergens

**7)** Milk **8)** Egg **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, mollusc, 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. Be careful when adding water to hot pans while cooking.

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## Get Prepping

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



## Start your Sauce

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

### + Add Bacon Lardons

If you're adding **bacon**, add to it the pan before the **garlic**. Fry, 4-5 mins, then add the **garlic** and continue as instructed. **IMPORTANT:** Wash hands and utensils after handling raw meat. Cook it thoroughly.



## Boil the Pasta

- Pour the **boiled water** from your kettle into a large saucepan on high heat with ½ **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.



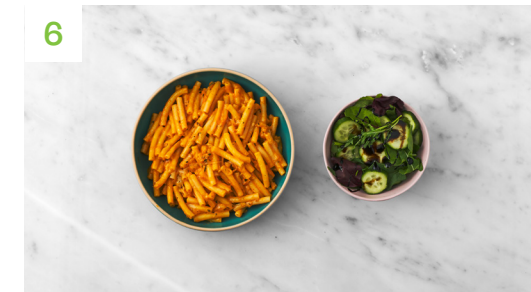
## Mac & Cheese Time

- Stir in the **vegan 'Nduja** (see ingredients for amount - add less if you'd prefer things milder) and both the **grated Cheddar** and **hard Italian style cheese**.
- 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.



## Get Cheesy

- Meanwhile, grate the **Cheddar cheese**.
- Trim the **cucumber** and slice into 1cm thick rounds.



## Serve

- Share the **mac & cheese** between your bowls.
- Serve the **baby leaves** and **cucumber** alongside and drizzle over the **balsamic glaze** to finish.

## Enjoy!