



# Mac 'n' Cheese and Apple Juice Cartons with Carrot Sticks

**Kid Friendly** 15-20 Minutes • 1 of your 5 a day • Veggie

27A

Find all your unchilled Market items in bag A.



Macaroni



Mature Cheddar Cheese



Creme Fraiche



Grated Hard Italian Style Cheese



Carrot



Apple Juice

**Pantry Items**  
Salt, Pepper



## Before you start

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

## Cooking tools

Saucepan, grater, colander and ovenproof dish.

## Ingredients

Ingredients	Quantity
Macaroni <b>13</b>	180g
Mature Cheddar Cheese** <b>7</b>	80g
Creme Fraiche** <b>7</b>	150g
Grated Hard Italian Style Cheese** <b>7</b> <b>8</b>	40g
Carrot**	2
Apple Juice	400ml

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

## Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	534g	100g
Energy (kJ/kcal)	3812/911	714/171
Fat (g)	45.9	8.6
Sat. Fat (g)	27.8	5.2
Carbohydrate (g)	95.5	17.9
Sugars (g)	31.6	5.9
Protein (g)	31.8	6.0
Salt (g)	1.41	0.26

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

## Allergens

**7)** Milk **8)** Egg **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, 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.

## Contact

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1



2



3



## Cook the Macaroni

- Bring a large saucepan of **water** to a boil with  $\frac{1}{2}$  **tsp salt** for the **pasta**.
- When boiling, stir the **macaroni** into the **water** and bring back to the boil. Cook until tender, 12 mins.
- While the **pasta** boils, preheat your grill. Grate the **Cheddar**.

## Cheese, Please!

- Once the **pasta** has cooked, drain it in a colander and pop back into the pan.
- Add the **creme fraiche**, **two thirds** of the **Cheddar** and **two thirds** of the **hard Italian style cheese** to the pan. Season with **pepper** and mix to combine.
- Pour the **cheesy pasta** into a suitably sized ovenproof dish and top with the remaining **Cheddar** and **hard Italian style cheese**.
- Pop under your grill until the top is golden brown, 3-5 mins.

## Finish and Serve

- Meanwhile, trim the **carrots**, then halve lengthways (no need to peel). Chop into roughly 1cm wide, 5cm long batons.
- Divide the **mac 'n' cheese** between 2 serving bowls.
- Place your **carrots sticks** in a bowl on the side.
- Serve with the **apple juice cartons** to finish.

Enjoy!