



Blue Cheese Cauliflower Mac and Cheese

with Crispy Crumb and Sriracha Drizzle

41

Classic 30-35 Minutes • Medium Spice • 1 of your 5 a day



Mature Cheddar Cheese



Crumbled Blue Cheese



Breadcrumbs



Cauliflower Florets



Central American Style Spice Mix



Macaroni



Vegetable Stock Paste



Creme Fraiche



Sriracha Sauce



British Smoked Bacon Lardons

Pantry Items

Oil, Salt, Pepper, Olive Oil, Butter, Plain Flour

+ 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

Saucepan, grater, bowl, ovenproof dish and colander.

Ingredients

Ingredients	2P	3P	4P
Mature Cheddar Cheese** 7)	40g	60g	80g
Crumbled Blue Cheese** 7)	30g	60g	60g
Breadcrumbs 13)	25g	35g	50g
Cauliflower Florets**	300g	450g	600g
Central American Style Spice Mix	1 sachet	1 sachet	2 sachets
Macaroni 13)	180g	270g	360g
Vegetable Stock Paste	15g	20g	30g
Creme Fraiche** 7)	150g	225g	300g
Sriracha Sauce	15g	30g	30g
Smoked British Bacon Lardons**	90g	120g	180g

Pantry	2P	3P	4P
Olive Oil for the Crumb*	2 tbsp	3 tbsp	4 tbsp
Butter*	20g	30g	40g
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	Custom Recipe	
			Per serving	Per 100g
for uncooked ingredient	532g	100g	577g	100g
Energy (kJ/kcal)	4176 /998	785 /188	4664 /1115	808 /193
Fat (g)	55.5	10.4	64.6	11.2
Sat. Fat (g)	29.1	5.5	32.0	5.5
Carbohydrate (g)	96.2	18.1	97.1	16.8
Sugars (g)	12.0	2.3	12.0	2.1
Protein (g)	29.2	5.5	36.9	6.4
Salt (g)	3.53	0.66	4.76	0.82

Nutrition for uncooked ingredients based on 2 person recipe.

Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

7) Milk 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.

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Get Prepped

Preheat your oven to 220°C/200°C fan/gas mark 7. Bring a large saucepan of **water** to the boil with ½ **tsp salt** for the **pasta**.

Grate the **Cheddar cheese**.

Put the **blue cheese** and the **breadcrumbs** in a bowl and season with **salt** and **pepper**. Stir in the **olive oil for the crumb** (see pantry for amount), then set your **blue cheese crumb** aside for later.



Make the Creamy Sauce

While the **pasta** cooks, melt the **butter** (see pantry for amount) in a saucepan on medium-high heat.

Once the **butter** has melted, stir in the **flour** (see pantry for amount). Cook, stirring, 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) and 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 Bacon Lardons

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



Roast the Cauli

Halve any large **cauliflower florets** and pop them into an ovenproof dish. Drizzle with **oil**, sprinkle over the **Central American style spice mix** and season with **salt** and **pepper**, then toss to coat. Spread out in a single layer.

When the oven is hot, roast on the top shelf until golden brown and tender, 15-20 mins. Turn halfway through.



Assemble the Mac and Cheese

Add the **grated cheese** to the **sauce** and stir until melted.

Next, stir the **roasted cauli** and **cooked pasta** through the **sauce**, then pour back into the ovenproof dish.

Turn your grill on to high.



Cook the Macaroni

Meanwhile, when your pan of **water** is boiling, stir in the **macaroni** 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.



Grill and Serve

Sprinkle the **blue cheese crumb** evenly over the top, then grill the **mac and cheese** on the top shelf of your oven until the **crumb** is golden, 3-5 mins.

Serve your **mac and cheese** in bowls with the **sriracha sauce** drizzled over the top (add less if you'd prefer things milder).

Enjoy!