



Brussels Sprout Mac & Cheese

with Caramelised Onion and Cheesy Crumb

Festive Flavours 35-40 Minutes • 2 of your 5 a day • Veggie

21



Brussels Sprouts



Macaroni



Onion



Mature Cheddar Cheese



Garlic Clove



Panko Breadcrumbs



Grated Hard Italian Style Cheese



Vegetable Stock Paste



Creme Fraiche



Dijon Mustard

Pantry Items

Oil, Salt, Pepper, Olive Oil, 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.

Cooking tools

Saucepan, baking tray, colander, grater, garlic press, bowl and ovenproof dish.

Ingredients

Ingredients	2P	3P	4P
Brussels Sprouts**	200g	300g	400g
Macaroni 13	180g	270g	360g
Onion**	1	1	2
Mature Cheddar Cheese** 7	90g	120g	180g
Garlic Clove**	2	3	4
Panko Breadcrumbs 13	25g	37g	50g
Grated Hard Italian Style Cheese** 7 8	20g	40g	40g
Vegetable Stock Paste 10	10g	15g	20g
Crema Fraiche** 7	150g	225g	300g
Dijon Mustard 9 14	10g	15g	20g

Pantry	2P	3P	4P
Olive Oil for the Crumb*	2 tbsp	3 tbsp	4 tbsp
Butter*	20g	30g	40g
Plain Flour*	1½ tbsp	2 tbsp	3 tbsp
Water for the Sauce*	250ml	375ml	500ml

*Not Included **Store in the Fridge

Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	437g	100g
	4535 /1084	1039 /248
Fat (g)	62.8	14.4
Sat. Fat (g)	33.7	7.7
Carbohydrate (g)	94.2	21.6
Sugars (g)	13.9	3.2
Protein (g)	35.8	8.2
Salt (g)	2.7	0.62

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, 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 Sprouts

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 **macaroni**.

Meanwhile, trim the **Brussels sprouts**. Quarter them through the root, then pop them onto a baking tray.

Drizzle with **oil**, season with **salt** and **pepper**, then toss to coat. Spread out in a single layer.

When the oven is hot, roast the **Brussels sprouts** on the top shelf until browned and tender, 15-18 mins. Turn halfway through.



Time for the Roux

Once the **onion** is cooked, add the **garlic** and stir-fry for 1 min more.

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

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



Cook the Macaroni

When your pan of **water** is boiling, add 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.

Meanwhile, halve, peel and thinly slice the **onion**. Heat a drizzle of **oil** in another large saucepan on medium-high heat.

Once hot, add the **onion** and season with **salt** and **pepper**. Fry, stirring occasionally, until golden, 8-10 mins.



Get Cheesy

Stir the **crema fraiche** and **Dijon mustard** into the **sauce**, then remove from the heat. Stir through the **Cheddar** until melted, then season with **salt** and **pepper**.

Meanwhile, turn your grill on to high.

Once the **Brussels sprouts** and **macaroni** are cooked, gently stir them through the **cheese sauce**. Add a splash of **water** if it needs loosening a little.



Oh Crumbs

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

In a small bowl, combine the **breadcrumbs**, **hard Italian style cheese** and **olive oil for the crumb** (see pantry for amount).

Season with **salt** and **pepper**, then set the **cheesy crumb** aside.



Grill and Serve

Transfer the **mac & cheese** to an appropriately-sized ovenproof dish and sprinkle over the **cheesy crumb**.

Once hot, grill until golden and bubbling, 3-4 mins.

When ready, allow to stand for a couple of mins before sharing between your bowls.

Enjoy!