



Sweet Potato Mac and Cheese with Sage Panko Crumb

Classic 35-40 Minutes • 3 of your 5 a day

44



Sweet Potato



Roasted Spice and Herb Blend



Macaroni



Sage



Panko Breadcrumbs



Mature Cheddar Cheese



Vegetable Stock Paste



Creme Fraiche



Dijon Mustard



Grated Hard Italian Style Cheese



Bacon Lardons

Pantry Items

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

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.

Cooking tools

Baking tray, saucepan, colander, bowl, grater and ovenproof dish.

Ingredients

Ingredients	2P	3P	4P
Sweet Potato	2	3	4
Roasted Spice and Herb Blend	1 sachet	1 sachet	1 sachet
Macaroni 13	180g	270g	360g
Sage	1 bunch	1 bunch	1 bunch
Panko Breadcrumbs 13	25g	35g	50g
Mature Cheddar Cheese** 7	60g	80g	120g
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	20g	40g	40g
Bacon Lardons**	180g	240g	360g
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*	200ml	300ml	400ml

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g	Custom Recipe	
			Per serving	Per 100g
for uncooked ingredient	507g	100g	597g	100g
Energy (kJ/kcal)	5042/1205	996/238	6018/1438	1009/241
Fat (g)	57.1	11.3	75.4	12.6
Sat. Fat (g)	30.4	6.0	36.2	6.1
Carbohydrate (g)	138.9	27.4	140.7	23.6
Sugars (g)	22.2	4.4	22.3	3.7
Protein (g)	32.9	6.5	48.3	8.1
Salt (g)	2.78	0.55	5.24	0.88

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.

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Roast the Sweet Potato

Preheat your oven to 220°C/200°C fan/gas mark 9.
Chop the **sweet potatoes** into 2cm chunks (no need to peel).

Pop the **sweet potato chunks** onto a large baking tray. Drizzle with **oil**, season with **salt** and **pepper**, sprinkle over the **roasted spice and herb blend**, then toss to coat. Spread out in a single layer.

TIP: Use two baking trays if necessary.

Meanwhile, bring a large saucepan of water to the boil with ½ **tsp salt** for the **macaroni**.

When the oven is hot, roast the **sweet potato** on the top shelf until golden and cooked through, 18-20 mins. Turn halfway through.



Get Cheesy

Melt the **butter** (see pantry for amount) in another large saucepan on medium-high heat. Once hot, stir in the **flour** (see pantry for amount). Cook until it forms a **paste**, 1-2 mins - you've made a **roux!**

Pour 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, stir and simmer until thickened, 1-2 mins. Stir in the **creme fraiche**, then remove from the heat.

Add the **Dijon mustard** (add less if you don't love **mustard**), **Cheddar** and **Italian style cheese**. Stir until combined and melted. Season to taste.



Cook the Macaroni

When your **water** is boiling, stir the **macaroni** into the pan 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.

CUSTOM RECIPE

If you've chosen to add **lardons** to your meal, while the **pasta** cooks, heat a drizzle of **oil** in a frying pan on medium-high heat. Once hot, add the **lardons**. Stir-fry until golden, 4-5 mins. Set aside. **IMPORTANT:** Wash your hands and equipment after handling raw meat. Cook **bacon** thoroughly.



Combine and Grill

When the **sweet potato** is ready, remove it from the oven and turn your grill on to high.

Stir the **sweet potato** into the **sauce** along with the **cooked macaroni**. Add a splash of **water** if it's a little thick. Taste and season if needed.

Transfer the **pasta** to an appropriately sized ovenproof dish, then pop it under the grill until golden and bubbling, 1-2 mins.

CUSTOM RECIPE

When the **cheese sauce** is ready, stir the **lardons** and **sweet potato** into the **sauce** along with the **pasta**.



Oh Crumbs

While everything cooks, pick the **sage leaves** from their stalks and finely chop (discard the stalks).

Pop the **sage** into a small bowl along with the **panko breadcrumbs** and **olive oil for the crumb** (see pantry for amount). Season with **salt** and **pepper**, mix together, then set aside your **sage crumb**.

Grate the **Cheddar cheese**.



Serve

When ready, share the **sweet potato mac and cheese** between your serving bowls and get stuck in.

Enjoy!