



# UCOOK

## Creamy Mac 'n Cauli

**with nutritional yeast, almond milk & a panko-parsley crumb**

Give our vegan twist on a classic mac 'n cheese a try! You won't miss the cheese one bit! Nutritional yeast, almond milk and a delicious herby crumb come together to bring a scrumptious and creamy flavour combo. Enjoy the freshness of baby tomatoes and a balsamic reduction for a hint of tang. Give it a go!

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**Hands-On Time:** 30 minutes

**Overall Time:** 45 minutes

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**Serves:** 4 People

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**Chef:** Ella Nasser

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 Vegetarian

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 Warwick Wine Estate | First Lady Chardonnay

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## Ingredients & Prep

|      |                                                             |
|------|-------------------------------------------------------------|
| 2    | Onions<br><i>peeled &amp; roughly sliced</i>                |
| 2    | Garlic Cloves<br><i>peeled &amp; grated</i>                 |
| 400g | Cauliflower Florets<br><i>cut into bite-sized pieces</i>    |
| 1L   | Almond Milk                                                 |
| 500g | Conchiglioni Pasta                                          |
| 80ml | Panko Breadcrumbs                                           |
| 15g  | Fresh Parsley<br><i>rinsed, picked &amp; finely chopped</i> |
| 320g | Baby Tomatoes<br><i>halved</i>                              |
| 60ml | Balsamic Reduction                                          |
| 40ml | Nutritional Yeast                                           |
| 20ml | Dijon Mustard                                               |

## From Your Kitchen

Oil (cooking, olive or coconut)  
Salt & Pepper  
Water  
Dairy-free Butter (optional)  
Blender

**1. GET YOUR CAULI ON** Preheat the oven to 200°C. Place a pot over a medium heat with a drizzle of oil. When hot, add the sliced onion and fry for 4-5 minutes until soft and translucent, shifting occasionally. Add the grated garlic and fry for 1 minute, until fragrant, shifting constantly. Add the cauliflower florets, the almond milk, a knob of dairy-free butter or coconut oil, and seasoning. Cover with the lid and leave to simmer for 10-12 minutes until the cauliflower is soft and cooked through.

**2. PASTA & CRUMB** Bring a pot of salted water to a boil for the pasta. When the water is boiling, cook the pasta for 10-12 minutes until al dente. Drain on completion, reserving a cup of pasta water, and toss through some olive oil to prevent sticking. In a small bowl, combine the breadcrumbs, the chopped parsley and some seasoning.

**3. BLISTERED TOMATOES** Place the halved baby tomatoes on a roasting tray, coat in oil and seasoning. Roast in the hot oven for 10-15 minutes until the tomatoes are blistered. Just before serving, toss with the balsamic reduction until fully coated.

**4. THE SAUCY STUFF** Once the cauliflower is softened, add to a blender along with everything else in the pot, the nutritional yeast and the Dijon mustard. Pulse until smooth, adding the reserved pasta water to loosen the sauce, if required. The finished sauce should be the consistency of a creamy cheese sauce. Add the cooked pasta to the finished sauce and mix until fully coated. Season generously with salt and pepper. Transfer to an ovenproof dish and top with the parsley crumb. Roast in the hot oven for 12-15 minutes until the crumb is browned.

**5. MAC MY DAY** Dish up a hearty portion of the creamy mac 'n cauli. Top with the balsamic-glazed tomatoes, a big grind of pepper and tuck in, Chef!

## Nutritional Information

Per 100g

|                    |         |
|--------------------|---------|
| Energy             | 417kJ   |
| Energy             | 100Kcal |
| Protein            | 3.9g    |
| Carbs              | 18g     |
| of which sugars    | 2.1g    |
| Fibre              | 1.8g    |
| Fat                | 1g      |
| of which saturated | 0.1g    |
| Sodium             | 75mg    |

## Allergens

Gluten, Allium, Wheat, Sulphites, Tree Nuts

Cook  
within 3  
Days