



# UCOOK

## Truffle Mac & Three Cheese

with balsamic reduction & fresh parsley

On its own, mac 'n cheese is already hard to resist. However, add truffle oil and an extra two cheeses, and you have yourself a dangerously delicious dinner! Add some fresh parsley for flair and sunflower seeds for crunch, and marvel at the magic of this mouthwatering dinner. You might want to keep the pot nearby for seconds and thirds, don't say we didn't warn you...

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**Hands-On Time:** 20 minutes

**Overall Time:** 35 minutes

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**Serves:** 3 People


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**Chef:** Thea Richter

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 Veggie

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 Boschendal | 1685 Merlot

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## Ingredients & Prep

375ml	Almond Milk
300g	Macaroni Pasta
125ml	Mascarpone
170g	Grated Cheddar Cheese
80g	Italian-style Hard Cheese <i>grated</i>
15g	Sunflower Seeds
170ml	Panko Breadcrumbs
12g	Fresh Parsley <i>rinsed &amp; roughly chopped</i>
60g	Green Leaves <i>rinsed</i>
30ml	Truffle Oil
30ml	Balsamic Reduction

## From Your Kitchen

Oil (cooking, olive or coconut)  
Salt & Pepper  
Water  
Butter  
Milk (optional)

**1. MAKING MAC** Place a pot over a medium heat, add the milk, 450ml of water, the macaroni and a small pinch of salt. Bring up to a simmer and cook for 10-15 minutes, stirring occasionally. When the pasta is al dente, mix through the mascarpone, the cheddar cheese, ½ the grated Italian-style hard cheese, and seasoning. Loosen with warm water or milk if it's too thick. Remove from the heat.

**2. SUNNY SEEDS** Place the sunflower seeds in a pan over a medium heat. Toast for 2-4 minutes until lightly browned, shifting occasionally. Remove from the pan on completion and set aside to cool.

**3. MAKE THE CRUMB** Return the pan to a medium-high heat with 90g of butter and a drizzle of oil. Once melted, add the breadcrumbs and fry for 2-3 minutes until lightly toasted and golden. Remove from the heat and toss through ½ the chopped parsley, the remaining Italian-style hard cheese, and seasoning.

**4. TOSS THE SALAD** In a bowl, combine the toasted sunflower seeds, the rinsed green leaves, a drizzle of oil, and seasoning.

**5. MARVELOUS MAC 'N CHEESE** Plate up the truffle mac 'n cheese. Drizzle over the truffle oil (to taste). Sprinkle over the toasted breadcrumbs and the remaining chopped parsley. Side with the sunflower seed salad drizzled with the balsamic reduction. Wow, Chef!



## Chef's Tip

To cook food 'al dente' means that it should still be firm when bitten. It must be tender, but not soft. Taste the pasta as it cooks to make sure you get it just right!

## Nutritional Information

Per 100g

Energy	1024kJ
Energy	245Kcal
Protein	10.1g
Carbs	26g
of which sugars	3.9g
Fibre	1.9g
Fat	11.1g
of which saturated	4.7g
Sodium	181mg

## Allergens

Egg, Gluten, Dairy, Wheat, Sulphites,  
Tree Nuts

Cook  
within 3  
Days