



UCOOK

Biltong Mac 'n Cheese

with sunflower seeds & fresh green leaves

Bring on the mouthwatering Mzansi influences, Chef! Salty biltong dots cream & cheese covered macaroni pasta. To balance the generous serving of this rich Italy-meets-SA sensation, a toasted sunflower seed, cucumber & green salad adds some welcome crunch and flavourful freshness.

Hands-on Time: 25 minutes

Overall Time: 25 minutes

Serves: 4 People

Chef: Jemimah Smith

Quick & Easy

Waterford Estate | Waterford Chardonnay

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Ingredients & Prep

400ml	Low Fat UHT Milk
400g	Macaroni Pasta
200ml	Fresh Cream
400g	Grated Cheddar Cheese
200g	Free-range Beef Biltong <i>roughly chop</i>
40g	Sunflower Seeds
40ml	Lemon Juice
80g	Green Leaves <i>rinse</i>
200g	Cucumber <i>roughly slice</i>

From Your Kitchen

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

1. MAKE THE MAC Place a large pot over medium heat. Add the milk, 800ml of water, the macaroni, and a large pinch of salt. Bring to a simmer and cook until al dente, 10-15 minutes (stirring occasionally). When the pasta is done, mix through the cream, the grated cheese, the chopped biltong, and seasoning.

2. TOAST THE SEEDS Place the sunflower seeds in a pan over medium heat. Toast until golden brown, 2-3 minutes (shifting occasionally). Remove from the pan and set aside.

3. SOME FRESHNESS In a salad bowl, combine the lemon juice and a drizzle of olive oil. Mix to emulsify and toss through the rinsed green leaves, the cucumber rounds, and the toasted sunflower seeds.

4. TIME TO EAT Dish up the creamy mac 'n cheese and serve the salad on the side for zingy freshness. Enjoy, Chef!

Nutritional Information

Per 100g

Energy	828kj
Energy	198kcal
Protein	15.3g
Carbs	18g
of which sugars	2.4g
Fibre	1.6g
Fat	13.3g
of which saturated	6.8g
Sodium	278mg

Allergens

Gluten, Wheat, Cow's Milk

Eat
Within
4 Days