



U C O O K

— COOKING MADE EASY

Louisiana Mac & Cheese

with crispy pork sausage, Colby cheese & pickled bell peppers

Oven-free, creamy as can be, and ready in a jiffy. This Southern beauty is swirled with two types of cheese, sautéed onion and bell peppers, pan-fried sausage, and a hint of smoky Cajun spice. If this isn't comfort food, we don't know what is!

Hands-On Time: 25 minutes

Overall Time: 30 minutes

Serves: 2 People

Chef: Samantha Finnegan

 **Easy Peasy**

Loved the dish? Let us know. Join the UCOOK community. Share your creations + tag us @ucooksa #lovingucook



Ingredients & Prep

| | |
|-------|---|
| 250g | Macaroni Pasta |
| 150g | Spiced Pork Sausage <i>roughly chopped</i> |
| 1 | Onion <i>peeled & finely diced</i> |
| 1 | Green Pepper <i>deseeded & finely diced</i> |
| 50g | Pickled Bell Peppers <i>drained & finely diced</i> |
| 20ml | NOMU Cajun Rub |
| 15ml | Cake Flour |
| 250ml | Fresh Milk |
| 100g | Mature Cheddar Cheese <i>grated</i> |
| 100g | Klein River Colby Cheese <i>grated</i> |
| 8g | Fresh Chives <i>rinsed & finely chopped</i> |

From Your Kitchen

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

1. GET THE PASTA WATER GOING Place a pot of water for the macaroni over a high heat. Add a drizzle of oil, stir through a pinch of salt, and bring to the boil.

2. CRISPY SAUSAGE & FRIED VEG Place a pan over a high heat with a small drizzle of oil. When hot, sauté the chopped sausage for 3-4 minutes until crispy and glossy. On completion, transfer to a bowl, leaving the juices in the pan. Return the pan to the heat and fry the diced onion and green pepper for 6-7 minutes until soft and slightly caramelised, shifting occasionally. Add the diced pickled peppers and fry for another minute. Remove from the pan on completion and add to the bowl of fried sausage, and set aside.

3. HOLY MACARONI! Once the water is boiling, cook the macaroni for 8-10 minutes until al dente. Drain on completion and toss through some oil to prevent sticking.

4. CREAMY, CHEESY GOODNESS Place a pot over a medium-high heat with 1 tbsp of butter. Allow to soften slightly, then add in the Cajun Rub (to taste) and the flour. Mix vigorously with a wooden spoon for about a minute until it forms a paste – this is called a roux. Gently whisk in the milk and a generous pinch of salt until well combined. Add in both grated cheeses and stir until the sauce is thick and the cheese has melted. Add in the drained macaroni and three-quarters of the sausage, pepper, and onion mixture. Stir through until reheated and remove from the heat on completion.

5. LUSCIOUS LOUISIANA SUPPER Pile up a generous helping of cheesy macaroni and scatter over the remaining sausage, peppers, and onion. Garnish with the fresh, chopped chives and tuck in! You can thank us later...

Chef's Tip

The spiced pork sausage contains lean pork meat, pork spek, pork bacon, salt, cayenne pepper, coarse black pepper, mustard, pimento, clove, parsley, onion, garlic, spinach, mustard seeds and white wine.

Nutritional Information

Per 100g

| | |
|--------------------|---------|
| Energy | 810kJ |
| Energy | 193Kcal |
| Protein | 10g |
| Carbs | 21g |
| of which sugars | 3.8g |
| Fibre | 1.3g |
| Fat | 7.7g |
| of which saturated | 3.8g |
| Sodium | 341mg |

Allergens

Gluten, Dairy, Allium, Wheat, Sulphites

Cook
within 2
Days