

WCOOK

Caprese-style Mac 'n Cheese

with mozzarella & sun-dried tomatoes

Hands-on Time: 25 minutes

Overall Time: 45 minutes

Veggie: Serves 1 & 2

Chef: Samantha du Toit

Wine Pairing: Painted Wolf Wines | The Den Chenin Blanc

Nutritional Info

	Per 100g	Per Portion
Energy	781kJ	4022kJ
Energy	187kcal	962kcal
Protein	6.8g	35.1g
Carbs	20g	104g
of which sugars	4.3g	21.9g
Fibre	1.5g	7.7g
Fat	9.6g	49.6g
of which saturated	3.6g	18.3g
Sodium	137mg	707mg

Allergens: Sulphites, Egg, Gluten, Tree Nuts, Wheat, Cow's Milk, Allium

Spice Level: None

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
100g	200g	Lumachette Pasta
20ml	40ml	Cake Flour
150ml	300ml	Low Fat UHT Milk
30ml	60ml	Cream Cheese
40g	80g	Mozzarella Cheese <i>grate</i>
1	1	Garlic Clove <i>peel & grate</i>
30g	60g	Sun-dried Tomatoes <i>drain</i>
1	2	Tomato/es <i>rinse & slice into rounds</i>
50ml	100ml	Pesto Princess Basil Pesto

From Your Kitchen

Oil (cooking, olive or coconut)

Seasoning (salt & pepper)

Water

Butter

1. AL DENTE PASTA Preheat the oven to 200°C. Bring a pot of salted water to a boil for the pasta. Cook the pasta until al dente, 8-10 minutes. Drain, reserving the pasta water, and toss through a drizzle of olive oil.

2. BEST BECHAMEL BY FAR Place a small pot over medium heat with 40g [80g] of butter. Once melted, vigorously whisk in the flour to form a roux. Cook out, 1-2 minutes (stirring constantly). Slowly whisk in the milk until the sauce thickens slightly. If the béchamel is too thick for your liking, loosen with the reserved pasta water until desired consistency. Stir through the cream cheese and the cheese until melted. Remove from the heat and season.

3. BAKE UNTIL BLISTERED In an oven-proof dish, mix together the pasta, the cheese sauce, and the garlic. Top with the sun-dried tomato and the tomato/es. Lightly drizzle with oil and bake in the hot oven until blistered, 15-20 minutes.

4. CAPRESE MAC 'N CHEESE! Dish up a heaping helping of the caprese mac 'n cheese. Dollop over the basil pesto.