



UCOOK

Caprese-style Mac 'n Cheese

with fresh basil & baby tomatoes

If you like a caprese salad, you will love this caprese-inspired mac 'n cheese. It's Italian decadence that's bound to impress any dinner guest, Chef! Al dente pasta is generously covered in a thick, creamy, homemade cheese bechamel sauce, dotted with blistered baby tomatoes & sun-dried tomatoes. Served with a basil pesto drizzle and fresh, peppery basil.

Hands-on Time: 20 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Samantha du Toit

Veggie

Waterford Estate | Waterford Chardonnay

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Ingredients & Prep

100g	Lumachette Pasta
20ml	Cake Flour
150ml	Low Fat UHT Milk
30ml	Cream Cheese
40g	Mozzarella Cheese <i>grate</i>
1	Garlic Clove <i>peel & grate</i>
30g	Sun-dried Tomatoes <i>drain</i>
80g	Baby Tomatoes <i>rinse & halve</i>
30ml	Pesto Princess Basil Pesto
3g	Fresh Basil <i>rinse & pick</i>

From Your Kitchen

Oil (cooking, olive or coconut)
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 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 grated 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 grated garlic. Top with the drained sun-dried tomato slices and the halved baby tomatoes. Lightly drizzle with oil and bake in the hot oven until blistered, 15-20 minutes.

4. PESTO DRIZZLE In a bowl, loosen the pesto with olive oil in 5ml increments until drizzling consistency.

5. CAPRESE MAC 'N CHEESE! Dish up a heaping helping of the caprese mac 'n cheese. Drizzle over the loosened basil pesto and garnish with the picked basil.

Nutritional Information

Per 100g

Energy	569kJ
Energy	136kcal
Protein	7.2g
Carbs	22g
of which sugars	3.5g
Fibre	1.6g
Fat	9.1g
of which saturated	3.6g
Sodium	130mg

Allergens

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

Eat
Within
4 Days