



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...

Hands-On Time: 10 minutes

Overall Time: 25 minutes

Serves: 1 Person

Chef: Thea Richter

 Veggie

 Boschendal | 1685 Merlot

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Ingredients & Prep

125ml	Almond Milk
100g	Macaroni Pasta
45ml	Mascarpone
65g	Grated Cheddar Cheese
30g	Italian-style Hard Cheese <i>grated</i>
5g	Sunflower Seeds
65ml	Panko Breadcrumbs
4g	Fresh Parsley <i>rinsed & roughly chopped</i>
20g	Green Leaves <i>rinsed</i>
10ml	Truffle Oil
10ml	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, 150ml 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 30g of butter and a drizzle of oil. Once melted, add the breadcrumbs and fry for 1-2 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