



UCOOK

Vegetarian Truffle Mac & Cheese

with balsamic reduction, mushrooms & fresh parsley


On its own, mac 'n cheese is already hard to resist. However, add truffle oil and two extra kinds of cheese, and you have yourself a dangerously delicious dinner! Add 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: 30 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Thea Richter

 Adventurous Foodie

 Strandveld | Adamastor White Blend

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Ingredients & Prep

100g	Macaroni Pasta
5g	Sunflower Seeds
125g	Button Mushrooms <i>roughly sliced</i>
60ml	Panko Breadcrumbs
4g	Fresh Parsley <i>rinsed, picked & roughly chopped</i>
30g	Italian-style Hard Cheese <i>grated</i>
45ml	Cream Cheese
40g	Cheddar Cheese <i>grated</i>
50ml	Fresh Cream
20g	Green Leaves <i>rinsed</i>
5ml	Truffle Oil
10ml	Balsamic Reduction

From Your Kitchen

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

1. MAKING MAC Bring a pot of salted water to a boil for the macaroni. Cook the macaroni until al dente, 8-10 minutes. Drain, reserving a cup of pasta water. Return the pasta to the pot and cover.

2. SUNNY 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. MMMUSHROOMS Return the pan to medium-high heat with a drizzle of oil. When hot, fry the sliced mushrooms until golden, 5-6 minutes (shifting occasionally). Remove from the pan and season.

4. MAKE THE CRUMB Return the pan to medium-high heat with 30g of butter and a drizzle of oil. Once melted, add the breadcrumbs and fry until lightly toasted and golden, 1-2 minutes. Remove from the heat and toss through $\frac{1}{2}$ the chopped parsley, $\frac{1}{2}$ the grated Italian-style hard cheese, and seasoning.

5. CHEESY STEP When the pasta is done, add the cream cheese, the grated cheddar cheese, the remaining Italian-style hard cheese, the cream, the fried mushrooms, and seasoning to the pot of cooked pasta. Loosen with the reserved pasta water until the desired consistency.

6. TOSS THE SALAD In a bowl, combine the toasted sunflower seeds, the rinsed green leaves, a drizzle of olive oil, and seasoning.

7. MARVELOUS MAC 'N CHEESE Plate up the mac 'n cheese. Drizzle over the truffle oil (to taste). Sprinkle over the toasted breadcrumbs and the remaining 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	1101kJ
Energy	263kcal
Protein	10g
Carbs	26g
of which sugars	4.3g
Fibre	2.3g
Fat	13.4g
of which saturated	7.2g
Sodium	130mg

Allergens

Egg, Gluten, Dairy, Wheat, Sulphites

Cook
within 3
Days