



# UCOOK

## Crispy Beef Mac 'n Cheese

**with fresh salad leaves & crispy onions**

We bring you a no hassle, wonderfully creamy mac 'n cheese dish with a twist! Our rendition of mac 'n cheese has crispy morsels of mince throughout! Topped with crispy onions and served with a fresh side salad.

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**Hands-On Time:** 20 minutes

**Overall Time:** 30 minutes

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**Serves:** 4 People

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**Chef:** Thea Richter

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 Quick & Easy

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 Robertson Winery | Chardonnay

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## Ingredients & Prep

500ml	Fresh Milk
400g	Macaroni Pasta
250ml	Fresh Cream
250g	Grated White Cheddar
600g	Free-range Beef Mince
4	Garlic Cloves <i>peeled &amp; grated</i>
20ml	NOMU Provençal Rub
40ml	Balsamic Vinegar
80g	Salad Leaves <i>rinsed &amp; roughly shredded</i>
60ml	Crispy Onions

## From Your Kitchen

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

**1. MAKE THE MAC** Place a large pot over a medium heat. Add the milk, 550ml of water, the macaroni and a large 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 cream, grated cheese, and seasoning.

**2. WHAT A CO-MINCE-IDENCE!** Place a nonstick pan over a high heat with a drizzle of oil. When hot, add the mince and work quickly to break it up as it starts to cook. Allow to cook for 6-7 minutes until browned and caramelised, only shifting occasionally. In the final 1-2 minutes, add the grated garlic and the rub. Fry for 1-2 minutes until fragrant, shifting constantly.

**3. MIX THE MAC & TOSS THE SALAD** When the mac 'n cheese is done, add the crispy mince and seasoning. Mix well to distribute the mince throughout the mac 'n cheese. In a salad bowl, combine the balsamic vinegar, a drizzle of oil, seasoning, and the salad leaves.

**4. GRAB THOSE KNIVES 'N FORKS!** Plate up a generous helping of the crispy mince mac 'n cheese. Sprinkle over the crispy onions and side with the dressed salad leaves. Simple yet stunning, Chef!

## Nutritional Information

Per 100g

Energy	1030kJ
Energy	246Kcal
Protein	11.7g
Carbs	18g
of which sugars	2.9g
Fibre	0.9g
Fat	13.7g
of which saturated	6.5g
Sodium	146mg

## Allergens

Gluten, Dairy, Allium, Wheat, Sulphites

Cook  
within 1  
Day