



# UCOOK

## Vegetarian Truffle Mac & Cheese

**with golden breadcrumbs, green beans & pine nuts**

Think mac 'n cheese can't be luxurious? That's because you've never tasted this indulgent number. Turn the ordinary into extraordinary with a homemade Emmentaler cheese sauce coating al dente pasta. Add a sprinkle of toasted panko breadcrumbs & pine nuts. A dash of truffle oil. Finish with a side of charred green beans topped with cheese ribbons.

**Hands-on Time:** 35 minutes

**Overall Time:** 40 minutes

**Serves:** 2 People

**Chef:** James Ovendale

Adventurous Foodie

Painted Wolf Wines | The Den Cabernet Sauvignon

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## Ingredients & Prep

200g	Macaroni Pasta
10g	Pine Nuts
60ml	Panko Breadcrumbs
400g	Leeks <i>trim at the base, cut in half lengthways &amp; rinse</i>
2	Garlic Cloves <i>peel &amp; grate</i>
160g	Green Beans <i>rinse &amp; trim</i>
40ml	Cornflour
300ml	Low Fat UHT Milk
100g	Grated Cheddar Cheese
30g	Italian-style Hard Cheese <i>peel into ribbons</i>
10ml	Truffle Oil
20ml	Lemon Juice

## From Your Kitchen

Oil (cooking, olive or coconut)  
Water  
Sugar/Sweetener/Honey  
Butter  
Seasoning (salt & pepper)

**1. PASTA** Bring a pot of salted water to a boil for the pasta. Cook the pasta until al dente, 10-12 minutes. Drain, reserving the pasta water, and toss through a drizzle of olive oil.

**2. TOAST** Place the pine nuts in a pan over medium heat. Toast until golden brown, 3-5 minutes (shifting occasionally). Remove from the pan and set aside. Return the pan to medium-high heat with 20g 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 pan and set aside.

**3. LEEKS** Roughly slice the rinsed leeks. Return the pan to medium heat with a drizzle of oil. When hot, fry the sliced leeks until caramelised, 8-10 minutes (shifting occasionally). At the halfway mark, add a sweetener (to taste). In the final 1-2 minutes, add the grated garlic. Remove from the pan, season, and cover.

**4. GREEN BEANS** Return the pan to medium-high heat with a drizzle of oil. When hot, fry the rinsed green beans until starting to char, 5-6 minutes (shifting occasionally). Remove from the pan, season, and cover.

**5. CHEESE SAUCE** Place a pot over medium heat with 40g of butter. Once melted, vigorously whisk in the cornflour to form a roux. Cook out the flour, 1-2 minutes (stirring constantly). Slowly whisk in the milk and 200ml of the reserved pasta water. Simmer until slightly thickening. Add the grated cheese and stir until melted. Mix in the cooked pasta and the caramelised leeks. Remove from the heat, loosen with a splash of water if it's too thick, and season.

**6. TIME TO EAT** Plate up the creamy mac 'n cheese and sprinkle over the breadcrumbs. Side with the charred green beans and top with the cheese ribbons. Drizzle over the truffle oil, scatter over the toasted pine nuts and drizzle over the lemon juice (to taste). Good job, Chef!

## Nutritional Information

Per 100g

Energy	480kj
Energy	115kcal
Protein	6.6g
Carbs	22g
of which sugars	3.2g
Fibre	1.8g
Fat	5.4g
of which saturated	2.4g
Sodium	73mg

## Allergens

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

Eat  
Within  
4 Days