



# UCOOK

## Biltong Mac 'n Cheese

**with sunflower seeds & fresh green leaves**

Bring on the mouthwatering Mzansi influences, Chef! Salty biltong dots cream & cheese covered macaroni pasta. To balance the generous serving of this rich Italy-meets-SA sensation, a toasted sunflower seed, cucumber & green salad adds some welcome crunch and flavourful freshness.

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**Hands-on Time:** 15 minutes

**Overall Time:** 20 minutes

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**Serves:** 1 Person

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**Chef:** Jemimah Smith

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Quick & Easy

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Waterford Estate | Waterford Chardonnay

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## Ingredients & Prep

100ml	Low Fat UHT Milk
100g	Macaroni Pasta
50ml	Fresh Cream
100g	Grated Cheddar Cheese
50g	Free-range Beef Biltong <i>roughly chop</i>
10g	Sunflower Seeds
10ml	Lemon Juice
20g	Green Leaves <i>rinse</i>
50g	Cucumber <i>roughly slice</i>

## From Your Kitchen

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

**1. MAKE THE MAC** Place a pot over medium heat. Add the milk, 200ml of water, the macaroni, and a pinch of salt. Bring to a simmer and cook until al dente, 10-15 minutes (stirring occasionally). When the pasta is done, mix through the cream, the grated cheese, the chopped biltong, and seasoning.

**2. TOAST THE 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. SOME FRESHNESS** In a salad bowl, combine the lemon juice and a drizzle of olive oil. Mix to emulsify and toss through the rinsed green leaves, the cucumber rounds, and the toasted sunflower seeds.

**4. TIME TO EAT** Dish up the creamy mac 'n cheese and serve the salad on the side for zingy freshness. Enjoy, Chef!

## Nutritional Information

Per 100g

Energy	828kj
Energy	198kcal
Protein	15.3g
Carbs	18g
of which sugars	2.4g
Fibre	1.6g
Fat	13.3g
of which saturated	6.8g
Sodium	278mg

## Allergens

Gluten, Wheat, Cow's Milk

Eat  
Within  
4 Days