



UCOOK

Vegetarian 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: 15 minutes

Overall Time: 30 minutes

Serves: 1 Person

Chef: Thea Richter

 Adventurous Foodie

 Waterford Estate | Waterford Chardonnay

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Ingredients & Prep

100g	Macaroni
45ml	Cream Cheese
40g	Grated Cheddar Cheese
30ml	Grated Italian-style Hard Cheese
50ml	Fresh Cream
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

1. MAKING MAC Bring a pot of salted water to the boil for the pasta. Once boiling, cook the macaroni for 8-10 minutes until al dente. Drain, reserving a cup of pasta water. Return the pasta to the pot and add the cream cheese, the cheddar cheese, ½ the grated Italian-style hard cheese, the cream, and seasoning. Mix until combined. Loosen with the reserved pasta water until the desired consistency. Season.

2. SUNNY SEEDS Place the sunflower seeds in a pan over medium heat. Toast for 2-4 minutes until lightly browned, shifting occasionally. Remove from the pan and set aside.

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 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	1496kJ
Energy	357kcal
Protein	11.9g
Carbs	35g
of which sugars	5.2g
Fibre	2.3g
Fat	19g
of which saturated	9.7g
Sodium	160mg

Allergens

Egg, Gluten, Dairy, Wheat, Sulphites

Cook
within
4 Days