



UCOOK

Creamy Mac 'n Cauli

with nutritional yeast, almond milk & a panko-parsley crumb

Give our vegan twist on a classic mac 'n cheese a try! You won't miss the cheese one bit! Nutritional yeast, almond milk and a delicious herby crumb come together to bring a scrumptious and creamy flavour combo. Enjoy the freshness of baby tomatoes and a balsamic reduction for a hint of tang. Give it a go!

Hands-On Time: 25 minutes

Overall Time: 40 minutes

Serves: 3 People

Chef: Ella Nasser

 Vegetarian

 Warwick Wine Estate | First Lady Chardonnay

Loved the dish? Let us know. Join the UCOOK community. Share your creations + tag us @ucooksa #lovingucook

Ingredients & Prep

2	Onions <i>1½ peeled & roughly sliced</i>
2	Garlic Cloves <i>peeled & grated</i>
300g	Cauliflower Florets <i>cut into bite-sized pieces</i>
750ml	Almond Milk
325g	Conchiglioni Pasta
60ml	Panko Breadcrumbs
12g	Fresh Parsley <i>rinsed, picked & finely chopped</i>
240g	Baby Tomatoes <i>halved</i>
45ml	Balsamic Reduction
30ml	Nutritional Yeast
15ml	Dijon Mustard

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Dairy-free Butter (optional)
Blender

1. GET YOUR CAULI ON Preheat the oven to 200°C. Place a pot over a medium heat with a drizzle of oil. When hot, add the sliced onion and fry for 4-5 minutes until soft and translucent, shifting occasionally. Add the grated garlic and fry for 1 minute, until fragrant, shifting constantly. Add the cauliflower florets, the almond milk, a knob of dairy-free butter or coconut oil, and seasoning. Cover with the lid and leave to simmer for 10-12 minutes until the cauliflower is soft and cooked through.

2. PASTA & CRUMB Bring a pot of salted water to a boil for the pasta. When the water is boiling, cook the pasta for 10-12 minutes until al dente. Drain on completion, reserving a cup of pasta water, and toss through some olive oil to prevent sticking. In a small bowl, combine the breadcrumbs, the chopped parsley and some seasoning.

3. BLISTERED TOMATOES Place the halved baby tomatoes on a roasting tray, coat in oil and seasoning. Roast in the hot oven for 10-15 minutes until the tomatoes are blistered. Just before serving, toss with the balsamic reduction until fully coated.

4. THE SAUCY STUFF Once the cauliflower is softened, add to a blender along with everything else in the pot, the nutritional yeast and the Dijon mustard. Pulse until smooth, adding the reserved pasta water to loosen the sauce, if required. The finished sauce should be the consistency of a creamy cheese sauce. Add the cooked pasta to the finished sauce and mix until fully coated. Season generously with salt and pepper. Transfer to an ovenproof dish and top with the parsley crumb. Roast in the hot oven for 12-15 minutes until the crumb is browned.

5. MAC MY DAY Dish up a hearty portion of the creamy mac 'n cauli. Top with the balsamic-glazed tomatoes, a big grind of pepper and tuck in, Chef!

Nutritional Information

Per 100g

Energy	417kJ
Energy	100Kcal
Protein	3.9g
Carbs	18g
of which sugars	2.1g
Fibre	1.8g
Fat	1g
of which saturated	0.1g
Sodium	75mg

Allergens

Gluten, Allium, Wheat, Sulphites, Tree Nuts

Cook
within 3
Days