



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.

Hands-on Time: 15 minutes

Overall Time: 20 minutes

Serves: 2 People

Chef: Jemimah Smith

Quick & Easy

Waterford Estate | Waterford Chardonnay

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Ingredients & Prep

| | |
|-------|--|
| 200ml | Low Fat UHT Milk |
| 200g | Macaroni Pasta |
| 100ml | Fresh Cream |
| 200g | Grated Cheddar Cheese |
| 100g | Free-range Beef Biltong <i>roughly chop</i> |
| 20g | Sunflower Seeds |
| 20ml | Lemon Juice |
| 40g | Green Leaves <i>rinse</i> |
| 100g | 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, 400ml 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