

QCOOK

Vegetarian Truffle Mac & Cheese

with golden breadcrumbs, green beans & pine nuts

Hands-on Time: 30 minutes

Overall Time: 35 minutes

Adventurous Foodie: Serves 1 & 2

Chef: James Ovendale

Wine Pairing: Zevenwacht | Estate Cabernet Sauvignon

Nutritional Info	Per 100g	Per Portion
Energy	669kJ	4204kJ
Energy	160kcal	1005kcal
Protein	6.6g	41.5g
Carbs	22g	137g
of which sugars	3.7g	23.2g
Fibre	1.8g	11.2g
Fat	5.4g	33.6g
of which saturated	2.4g	15.1g
Sodium	73mg	460mg

Allergens: Sulphites, Egg, Gluten, Tree Nuts, Wheat, Cow's Milk, Allium

Spice Level: None

Eat Within 4 Days



Ingredients & Prep Actions:

Serves 1	[Serves 2]	
100g	200g	Macaroni Pasta
5g	10g	Pine Nuts
30ml	60ml	Panko Breadcrumbs
200g	400g	Leeks <i>trim at the base, cut in half lengthways & rinse</i>
1	1	Garlic Clove <i>peel & grate</i>
80g	160g	Green Beans <i>rinse & trim</i>
20ml	40ml	Cornflour
150ml	300ml	Low Fat UHT Milk
50g	100g	Cheddar Cheese <i>grate</i>
15g	30g	Italian-style Hard Cheese <i>peel into ribbons</i>
5ml	10ml	Truffle Oil
10ml	20ml	Lemon Juice

From Your Kitchen

Oil (cooking, olive or coconut)

Seasoning (salt & pepper)

Water

Butter

Sugar/Sweetener/Honey

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 10g [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 leeks. Return the pan to medium heat with a drizzle of oil. Fry the 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 garlic. Remove from the pan, season, and cover.

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

5. CHEESE SAUCE Place a pot over medium heat with 20g [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 100ml [200ml] of the reserved pasta water. Simmer until slightly thickening. Add the cheddar 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. DREAMY & CREAMY DINNER 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 finish off with a splash of lemon juice. Dig in, Chef!