



UCOOK

Speedy Mac n' Cheese

with garlic breadcrumbs & balsamic salad

Chef Sipho brings you a no hassle wonderfully creamy Mac 'n Cheese with a crunchy garlic and herb crumb. Served with a flavourful side salad of green leaves, charred tomato & baby marrow in a balsamic dressing.


Hands-On Time: 15 minutes

Overall Time: 30 minutes

Serves: 1 Person

Chef: Siphokazi Mdlankomo

 Vegetarian

 Warwick Wine Estate | First Lady Chardonnay

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Ingredients & Prep

| | |
|-------|--|
| 125ml | Fresh Milk |
| 125g | Macaroni |
| 65ml | Fresh Cream |
| 65g | Grated Cheddar Cheese |
| 30ml | Grated Italian-style Hard Cheese |
| 1 | Garlic Clove <i>peeled & grated</i> |
| 65ml | Panko Breadcrumbs |
| 3g | Fresh Parsley <i>rinsed & roughly chopped</i> |
| 100g | Baby Marrow <i>rinsed & cut into 1-2cm rounds</i> |
| 20g | Salad Leaves <i>rinsed</i> |
| 80g | Baby Tomatoes <i>halved</i> |
| 7,5ml | Balsamic Vinegar |

From Your Kitchen

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

1. MAKE THE MAC Place a pot over a medium heat, add the milk, 150ml of water, the macaroni and a small pinch of salt. Bring up to a simmer and cook for 10-15 minutes stirring occasionally. When the pasta is al dente, mix through the cream, cheddar cheese and ½ of the Italian-style cheese, then season to taste. Remove from the heat and set aside.

2. MAKE THE CRUMB Place a pan over medium-high heat with 30g of butter and a drizzle of oil. Once melted, add the grated garlic and fry for 1 minute until fragrant, stirring constantly. Mix through the breadcrumbs until coated completely in the melted butter and fry until lightly toasted and golden. Remove from the heat and toss through the chopped parsley, the remaining cheese, and seasoning to taste.

3. CHAR THE VEG Place a pan (or grill pan if you have one) over a high heat. Lightly coat the baby marrow rounds in oil and seasoning. When hot, cook for 2-3 minutes per side until charred, shifting occasionally. Remove from the heat and set aside.

4. TOSS THE SALAD In a bowl, place the rinsed green leaves, charred baby marrow rounds, halved baby tomatoes and the balsamic vinegar. Season to taste and toss to coat.

5. SPEEDY FEAST Dish up a hearty portion of the creamy mac n' cheese. Top with the cheesy toasted breadcrumbs and serve the charred balsamic vegetable salad on the side. Tuck in.



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 they cook to make sure you get them just right!

Nutritional Information

Per 100g

| | |
|--------------------|---------|
| Energy | 803kj |
| Energy | 192Kcal |
| Protein | 7.5g |
| Carbs | 20g |
| of which sugars | 3.2g |
| Fibre | 2.1g |
| Fat | 9g |
| of which saturated | 5.1g |
| Sodium | 95mg |

Allergens

Egg, Gluten, Dairy, Allium, Wheat, Sulphites

Cook
within 1
Day