



QCOOK

Biltong Mac 'n Cheese

with a herby panko breadcrumb topping

Hands-on Time: 20 minutes

Overall Time: 30 minutes

Fan Faves: Serves 1 & 2

Chef: Jemimah Smith

Nutritional Info

	Per 100g	Per Portion
Energy	1292kj	5342kj
Energy	309kcal	1278kcal
Protein	17.8g	73.8g
Carbs	22g	91g
of which sugars	2.5g	10.5g
Fibre	1.4g	5.7g
Fat	16g	66.2g
of which saturated	8.5g	35.1g
Sodium	470mg	1944mg

Allergens: Sulphites, Gluten, Wheat, Cow's Milk, Allium

Spice Level: None

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
10g	20g	Sunflower Seeds
100ml	200ml	Low Fat UHT Milk
100g	200g	Macaroni
50ml	100ml	Fresh Cream
100g	200g	Grated Cheddar Cheese
50g	100g	Beef Biltong <i>roughly chop</i>
10ml	20ml	NOMU Italian Rub
30ml	60ml	Panko Breadcrumbs
3g	5g	Fresh Parsley <i>rinse, pick & roughly chop</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (salt & pepper)
Water
Butter

1. START 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.

2. SAY CHEESE Place a pot over a medium heat. Add the milk, 150ml [300ml] 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, cheese, biltong and seasoning.

3. PERFECT PANKO Return the pan to medium-high heat with 10g [20g] of butter and a drizzle of oil. Once melted, add the NOMU rub and the crumbs and fry until lightly toasted and golden, 1-2 minutes. Remove from the pan and mix through ½ the parsley. Set aside.

4. YOUR NEW FAVE Generously plate up the flavourful biltong mac 'n cheese. Scatter over the herby crumb and garnish with the remaining parsley and sunflower seeds. Simple yet stunning, Chef!