



UCOOK

Creamy Vegetarian Truffle Mac 'n Cheese

**with golden breadcrumbs, green beans
& pine nuts**

Think mac 'n cheese can't be luxurious? That's because you've never tasted this indulgent number. Turn the ordinary into extraordinary with a homemade Emmental cheese sauce coating al dente pasta. Add a sprinkle of toasted panko breadcrumbs & pine nuts. A dash of truffle oil. Finish with a side of charred green beans topped with cheese ribbons.

Hands-on Time: 30 minutes

Overall Time: 35 minutes

Serves: 1 Person

Chef: James Ovendale

Adventurous Foodie

 Paardenkloof Wines | Paardenkloof "Die Fynboshuis" Cabernet Sauvignon

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Ingredients & Prep

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

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Sugar/Sweetener/Honey
Butter

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 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 mix through the lemon zest (to taste).

3. LEEKS Roughly slice the rinsed leeks. Return the pan to medium heat with a drizzle of oil. When hot, fry the sliced 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 grated garlic. Remove from the pan, season, and cover.

4. GREEN Return the pan to medium-high heat with a drizzle of oil. When hot, fry the rinsed green beans until starting to char, 4-5 minutes (shifting occasionally). Remove from the pan, season, and cover.

5. CHEESE SAUCE Place a pot over medium heat with 20g 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 of the reserved pasta water. Simmer until slightly thickening. Add the grated 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. TIME TO EAT Plate up the creamy mac 'n cheese and sprinkle over the zesty 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 squeeze over the lemon juice (to taste).
Good job, Chef!

Nutritional Information

Per 100g

Energy	431kJ
Energy	103kcal
Protein	5.8g
Carbs	20g
of which sugars	3.2g
Fibre	1.9g
Fat	4.8g
of which saturated	2g
Sodium	63mg

Allergens

Egg, Gluten, Allium, Wheat, Tree Nuts, Cow's Milk

Eat
Within
4 Days