



UCOOK

Crispy Beef Mac 'n Cheese

with fresh salad leaves & crispy onions

We bring you a no hassle, wonderfully creamy mac 'n cheese dish with a twist! Our rendition of mac 'n cheese has crispy morsels of mince throughout! Topped with crispy onions and served with a fresh side salad.

Hands-On Time: 10 minutes

Overall Time: 20 minutes

Serves: 1 Person

Chef: Thea Richter

 Quick & Easy

 Robertson Winery | Chardonnay

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Ingredients & Prep

125ml	Fresh Milk
100g	Macaroni Pasta
65ml	Fresh Cream
65g	Grated White Cheddar
150g	Free-range Beef Mince
1	Garlic Clove <i>peeled & grated</i>
5ml	NOMU Provençal Rub
10ml	Balsamic Vinegar
20g	Salad Leaves <i>rinsed & roughly shredded</i>
15ml	Crispy Onions

From Your Kitchen

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

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, grated cheese, and seasoning.

2. WHAT A CO-MINCE-IDENCE! Place a nonstick pan over a high heat with a drizzle of oil. When hot, add the mince and work quickly to break it up as it starts to cook. Allow to cook for 5-6 minutes until browned and caramelised, only shifting occasionally. In the final 1-2 minutes, add the grated garlic and the rub. Fry for 1-2 minutes until fragrant, shifting constantly.

3. MIX THE MAC & TOSS THE SALAD When the mac 'n cheese is done, add the crispy mince and seasoning. Mix well to distribute the mince throughout the mac 'n cheese. In a salad bowl, combine the balsamic vinegar, a drizzle of oil, seasoning, and the salad leaves.

4. GRAB THOSE KNIVES 'N FORKS! Plate up a generous helping of the crispy mince mac 'n cheese. Sprinkle over the crispy onions and side with the dressed salad leaves. Simple yet stunning, Chef!

Nutritional Information

Per 100g

Energy	1030kJ
Energy	246Kcal
Protein	11.7g
Carbs	18g
of which sugars	2.9g
Fibre	0.9g
Fat	13.7g
of which saturated	6.5g
Sodium	146mg

Allergens

Gluten, Dairy, Allium, Wheat, Sulphites

Cook
within 1
Day