



Cooking Made Easy

HelloFresh.co.uk



Share your masterpiece! Tag your photos with #HelloFreshSnaps and share on [f](#) [t](#) [i](#)  
You'll be entered into our weekly photo contest!

## No Fuss Vegetable Mac 'n Cheese

Macaroni and cheese has previously had a bad rep! It can be quite calorific, and we wanted to change your view! Patrick and the gang feel that fresh ingredients and a little TLC goes a long way. We've transformed our 'mac and cheese' into a meal that's not only healthy, but one that is cooked in just one pot. No stress and less mess - just go for it!

35 mins

veggie

healthy

one pot wonder



Onion



Garlic Clove



Cherry Tomatoes



Chestnut Mushrooms



Green Beans



Cheddar Cheese



Hard Italian Cheese



Milk



Netherend Butter



Flour



Macaroni



Mild Paprika



English Mustard




Chives




Panko Breadcrumbs

## Ingredients

	2P	4P
Onion, chopped	1	2
Garlic Clove, chopped	1	2
Cherry Tomatoes, halved	½ punnet	1 punnet
Chestnut Mushroom, chopped	1 punnet	2 punnets
Green Beans, chopped	½ pack	1 pack
Cheddar Cheese <b>1</b>	2 tbsp	4 tbsp
Hard Italian Cheese <b>1</b>	1½ tbsp	3 tbsp
Milk <b>1</b>	300ml	550ml
Netherend Butter <b>1</b>	1½ tbsp	3 tbsp
Flour <b>2</b>	2½ tbsp	5 tbsp
Macaroni <b>2</b>	140g	280g
Mild Paprika	½ tbsp	1 tbsp
English Mustard <b>3</b>	1 tbsp	2 tbsp
Chives, chopped	2 tbsp	4 tbsp
Panko Breadcrumbs <b>2</b>	2 tbsp	4 tbsp

 May feature in another recipe

 Our produce comes fresh from the farm so give it a little wash before using

## Allergens

**1)** Milk | **2)** Gluten

**3)** Mustard

**Nutrition per serving:** Calories: 551 kcal | Protein: 38 g | Carbs: 69 g | Fat: 13 g | Saturated Fat: 5 g

**1**



**1** Peel and chop the onion and the garlic finely. Slice the tomatoes into halves. Roughly chop the Portobello mushrooms into 1½cm cubes. Trim the ends off the beans and then chop them into quarters. Grate the cheddar cheese.

**3**



**2** Pour the milk and 300ml of cold water into a large measuring jug.

**3** Melt the butter in a large frying pan on medium heat. As soon as it bubbles, add the onion and garlic and gently fry for about 1-2 mins or until softened.

**5**



**4** Add the flour into the pan and stir until everything is combined. Keep stirring for about 1 minute.

**5** Pour in a quarter of the milk mixture and keep whisking until you get a nice smooth sauce. Add the rest of the milk mixture while whisking continuously (you don't want any lumps!). Bring to a simmer (not a boil). Add the pasta, cherry tomatoes, mushrooms and beans. Cook the mixture for 6-9 mins until the pasta is 'al dente'. Stir occasionally.

**7**



**6** Heat the grill to high. Once the pasta is ready, add the paprika and 1-2 tsp of the mustard to the pan (depending on how mustardy you like things) and stir to combine.

**7** Add the cheddar and half the hard Italian cheese and stir until melted. Turn off the heat. Chop the chives and stir them through together with ¼ tsp of salt and a grind of black pepper. Transfer the mixture to an ovenproof dish (or keep it in the pan if it is ovenproof).

**8** Top the mac 'n cheese with the breadcrumbs, the remaining hard Italian cheese and a good grind of pepper. Place the pan under the grill (keep the handle outside the oven!) until the top is golden; about 2-3 mins should do it! Now dig in and go for it!