



Witches Cauldron Mac and Cheese

with Pesto, Green Veg and Herby Crumb

21

Halloween 25-30 Minutes • 1 of your 5 a day • Veggie



Garlic Clove



Mature Cheddar
Cheese



Panko Breadcrumbs



Mixed Herbs



Macaroni



Creme Fraiche



Vegetable Stock
Paste



Baby Spinach



Grated Hard
Italian Style Cheese



Fresh Pesto



Peas

Pantry Items

Oil, Salt, Pepper, Olive Oil, Butter, Plain Flour

Before you start

Our fruit and veg need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Saucepan, garlic press, grater, bowl, colander, frying pan, ovenproof dish and baking tray.

Ingredients

Ingredients	2P	3P	4P
Garlic Clove**	2	3	4
Mature Cheddar Cheese** 7)	40g	60g	80g
Panko Breadcrumbs 13)	25g	50g	50g
Mixed Herbs	1 sachet	1 sachet	2 sachets
Macaroni 13)	180g	270g	360g
Crema Fraiche** 7)	150g	225g	300g
Vegetable Stock Paste 10)	15g	25g	30g
Baby Spinach**	40g	60g	80g
Grated Hard Italian Style Cheese** 7) 8)	40g	60g	80g
Fresh Pesto** 7)	32g	48g	64g
Peas**	120g	180g	240g
Pantry	2P	3P	4P
Olive Oil for the Crumb*	2 tbsp	3 tbsp	4 tbsp
Butter*	20g	30g	40g
Plain Flour*	1½ tbsp	2 tbsp	3 tbsp
Water for the Sauce*	200ml	300ml	400ml

*Not Included **Store in the Fridge

Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	4450 /1064	990 /237
Fat (g)	62.0	13.8
Sat. Fat (g)	31.1	6.9
Carbohydrate (g)	93.3	20.8
Sugars (g)	9.8	2.2
Protein (g)	32.6	7.3
Salt (g)	3.06	0.68

Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

7) Milk 8) Egg 10) Celery 13) Cereals containing gluten

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

Contact

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Get Started

Bring a large saucepan of **water** to the boil with **½ tsp salt** for the **macaroni**.

Peel and grate the **garlic** (or use a garlic press).
Grate the **cheese**.

In a small bowl, combine the **breadcrumbs**, **mixed herbs** and the **olive oil for the crumb** (see pantry for amount). Set the **herby crumb** aside.



Say Cheese

Meanwhile, preheat your grill to high.

Once the **sauce** has thickened, add the **spinach** to the pan a handful at a time until wilted and piping hot, 1-2 mins.

Remove from the heat, then stir through the **hard Italian style cheese**, **Cheddar**, **pesto**, **peas** and **cooked macaroni**.

Add a splash of **water** if it's a little thick. Taste and season with **salt** and **pepper** if needed.



Macaroni Time

When your pan of **water** is boiling, stir in the **macaroni** and bring back to the boil. Cook until tender, 12 mins.

Once cooked, drain in a colander and pop back in the pan. Drizzle with **oil** and stir through to stop it sticking together.



Get Grilling

Transfer the **creamy pasta** to an ovenproof dish and top evenly with the **herby crumb**.

Place your **mac and cheese** on a baking tray and grill until golden, 4-5 mins.



Into the Cauldron

Meanwhile, heat a drizzle of **oil** in a large frying pan on medium heat. Melt in the **butter** (see pantry for amount).

Once hot, add the **garlic** and cook until fragrant, 1 min, then stir in the **flour** (see pantry for amount) and cook until it forms a paste, 1-2 mins - you've made a **roux**!

Stir in the **water for the sauce** (see pantry for amount) a little at a time, followed by the **creme fraiche** and **vegetable stock paste**.

Bring to the boil, then lower the heat and simmer, stirring until thickened, 2-3 mins.



Serve up a Fright

Share your **witchy cauldron mac and cheese** between your plates.

Enjoy!