












Blue Cheese Cauliflower Mac and Cheese with Sriracha Drizzle

21

Classic 30-35 Minutes • Medium Spice • 1 of your 5 a day • Veggie



-  Mature Cheddar Cheese
-  Blue Cheese
-  Panko Breadcrumbs
-  Cauliflower
-  Macaroni
-  Vegetable Stock Paste
-  Creme Fraiche
-  Baby Spinach
-  Sriracha

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, grater, bowl, ovenproof dish and colander.

Ingredients

Ingredients	2P	3P	4P
Mature Cheddar Cheese** 7)	60g	90g	120g
Blue Cheese** 7)	30g	60g	60g
Panko Breadcrumbs 13)	25g	35g	50g
Cauliflower**	½	¾	1
Macaroni 13)	180g	270g	360g
Vegetable Stock Paste 10)	15g	20g	30g
Crema Fraiche** 7)	150g	225g	300g
Baby Spinach**	40g	100g	100g
Sriracha	1 sachet	2 sachets	2 sachets
Pantry	2P	3P	4P
Olive Oil for the Crumb*	2 tbsp	3 tbsp	4 tbsp
Butter*	20g	30g	40g
Plain Flour*	2 tbsp	3 tbsp	4 tbsp
Water for the Sauce*	250ml	375ml	500ml

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	421g	100g
Energy (kJ/kcal)	4079/975	968/231
Fat (g)	56.8	13.5
Sat. Fat (g)	26.9	6.4
Carbohydrate (g)	92.4	21.9
Sugars (g)	10.4	2.5
Protein (g)	30.6	7.3
Salt (g)	3.18	0.75

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

Allergens

7) Milk 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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1



Get Prepped

Preheat your oven to 220°C/200°C fan/gas mark 7.
Bring a large saucepan of **water** to the boil with **½ tsp salt** for the **pasta**.

Grate the **Cheddar cheese**.

Put the **blue cheese** and **panko breadcrumbs** in a bowl and season with **salt** and **pepper**. Stir in the **olive oil for the crumb** (see pantry for amount), then set your **blue cheese crumb** aside for later.

4



Make the Sauce

While the **pasta** cooks, melt the **butter** (see pantry for amount) in a saucepan on medium-high heat.

Once the **butter** is hot, stir in the **flour** (see pantry for amount). Cook until it forms a paste, 1-2 mins - you've made a **roux**!

Gradually stir in the **water for the sauce** (see pantry for amount) and the **veg stock paste**. Bring to the boil, stir and simmer until thickened, 1-2 mins.

Stir in the **creme fraiche**, then remove from the heat.

2



Roast the Cauli

Cut the **cauliflower** (see ingredients for amount) into florets (like small trees), halving any large ones.

Pop them into an ovenproof dish. Drizzle with **oil** and season with **salt** and **pepper**, then toss to coat. Spread out in a single layer.

When the oven is hot, roast on the top shelf until golden brown and tender, 15-20 mins. Turn halfway through.

5



Assemble the Mac and Cheese

Add the **Cheddar cheese** to the **sauce** and stir until melted. Taste and season with **salt** and **pepper** if needed.

Return the pan to a gentle heat and stir in the **spinach** a handful at a time until wilted and piping hot, 1-2 mins, then remove from the heat.

Stir the **roasted cauli** and **cooked pasta** through the **sauce**, then pour into the ovenproof dish.

Turn your grill on to high.

3



Cook the Macaroni

Meanwhile, when your pan of **water** is boiling, add the **macaroni** and bring back to the boil. Cook until tender, 12 mins.

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

6



Grill and Serve

Sprinkle the **blue cheese crumb** evenly over the top, then grill the **mac and cheese** on the top shelf of your oven until the crumb is golden, 3-5 mins.

Serve your **pasta** in bowls with the **sriracha** drizzled over the top (careful, it's hot - add less if you'd prefer things milder).

Enjoy!