

Cauliflower Mac and Cheese

with Blue Cheese Crumb and Sriracha Drizzle



30-35 Minutes • Medium Spice • 2 of your 5 a day















Panko Breadcrumbs



Cauliflower Florets





Vegetable Stock Paste

Baby Spinach





Creme Fraiche



Sriracha



Pantry Items Olive Oil, Plain Flour

CUSTOM RECIPE

This is a Custom recipe. If you chose to swap, upgrade or double up on protein, then just follow the instructions on the back of this card.

Happy cooking!

Before you start

Our fruit and veggies 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

	2P	3P	4P
Mature Cheddar Cheese** 7)	60g	90g	120g
Blue Cheese** 7)	30g	60g	60g
Panko Breadcrumbs 13)	25g	35g	50g
Olive Oil for the Crumb*	2 tbsp	3 tbsp	4 tbsp
Cauliflower Florets**	300g	450g	600g
Macaroni 13)	180g	270g	360g
Oil for the Roux*	1½ tbsp	2 tbsp	3 tbsp
Plain Flour*	2 tsbp	3 tbsp	4 tbsp
Water for the Sauce*	250ml	375ml	500ml
Vegetable Stock Paste 10)	15g	20g	30g
Creme Fraiche** 7)	150g	225g	300g
Baby Spinach**	100g	100g	200g
Sriracha	1 sachet	2 sachets	2 sachets
Bacon Lardons**	90g	120g	180g
*Not Included **Store in t	ho Eridao		

^{*}Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	510g	100g
Energy (kJ/kcal)	4286/1024	841/201
Fat (g)	57	11
Sat. Fat (g)	27	5
Carbohydrate (g)	92	18
Sugars (g)	11	2
Protein (g)	33	6
Salt (g)	3.06	0.60
Custom Recipe	Per serving	Per 100g
Custom Recipe for uncooked ingredient	Per serving 555g	Per 100g 100g
for uncooked ingredient		
	555g	100g
for uncooked ingredient Energy (kJ/kcal)	555g 4773 /1141	100g 860 /206
for uncooked ingredient Energy (kJ/kcal) Fat (g)	555g 4773 /1141 66	100g 860 /206 12
for uncooked ingredient Energy (kJ/kcal) Fat (g) Sat. Fat (g)	555g 4773 /1141 66 30	100g 860 /206 12 5
for uncooked ingredient Energy (kJ/kcal) Fat (g) Sat. Fat (g) Carbohydrate (g)	555g 4773 /1141 66 30 92	100g 860 /206 12 5

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

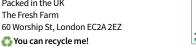
7) Milk 10) Celery 13) Cereals containing gluten

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.

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Get Prepped

Preheat your oven to 220°C/200°C fan/gas mark 7. Bring a large saucepan of water to the boil with 1/2 tsp salt for the pasta. Grate the Cheddar cheese. Put the blue cheese and panko breadcrumbs in a small bowl and season with salt and pepper. Stir in the olive oil for the crumb (see ingredients for amount), then set aside your blue cheese crumb for later.



Roast the Cauli

Halve any large cauliflower florets and 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.



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.



Make the Sauce

While the pasta cooks, heat the oil for the roux (see ingredients for amount) in a saucepan on medium-high heat. When the oil is hot, stir in the flour (see ingredients 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 ingredients for amount) and the vegetable stock paste. Bring to the boil, stir and simmer until thickened, 1-2 mins. Stir in the creme fraiche, then remove from the heat.



If you've added **bacon** to your recipe, before starting the step above, heat a saucepan on medium-high heat. Add a drizzle of oil and the lardons and fry until golden, 3-4 mins, then add the oil for the flour (see ingredients for amount), and continue as instructed. IMPORTANT: Wash your hands and equipment are handling raw bacon. Cook lardons thoroughly.



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 low 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 the cooked pasta through the **sauce**, then pour into the ovenproof dish. Turn your grill on to high.



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 don't like heat).

Enjoy!