



Cauliflower Mac and Cheese

with Blue Cheese Crumb and Sriracha Drizzle

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

19



Mature Cheddar Cheese



Blue Cheese



Panko Breadcrumbs



Cauliflower Florets



Macaroni



Vegetable Stock Paste



Creme Fraiche



Baby Spinach



Sriracha



Bacon Lardons

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 tbsps	3 tbsps	4 tbsps
Cauliflower Florets**	300g	450g	600g
Macaroni 13)	180g	270g	360g
Oil for the Roux*	1½ tbsps	2 tbsps	3 tbsps
Plain Flour*	2 tsbps	3 tbsps	4 tbsps
Water for the Sauce*	250ml	375ml	500ml
Vegetable Stock Paste 10)	15g	20g	30g
Crema 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 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
for uncooked ingredient	555g	100g
Energy (kJ/kcal)	4773/1141	860/206
Fat (g)	66	12
Sat. Fat (g)	30	5
Carbohydrate (g)	92	17
Sugars (g)	11	2
Protein (g)	41	7
Salt (g)	4.29	0.77

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 **½ 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.



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.

CUSTOM RECIPE

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.**



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.



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.



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.



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!