



# Chorizo Topped Mac and Cheese

with Garlicky Tenderstem® Broccoli

Family 35 Minutes

9



Garlic Clove



Mature Cheddar Cheese



Macaroni



Chorizo



Panko Bread crumbs



Chicken Stock Paste



Tenderstem® Broccoli



Creme Fraiche



Dried Oregano

## Pantry Items

Olive Oil, Plain Flour

## 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, garlic press, grater, colander and frying pan.

## Ingredients

	2P	3P	4P
Garlic Clove**	1	2	2
Mature Cheddar Cheese** 7)	75g	120g	150g
Macaroni 13)	180g	270g	360g
Chorizo**	90g	120g	180g
Panko Bread crumbs 13)	10g	35g	50g
Olive Oil for the Roux*	1 tbsp	1½ tbsp	2 tbsp
Plain Flour*	2 tbsp	3 tbsp	4 tbsp
Water for the Sauce*	250ml	375ml	500ml
Chicken Stock Paste	10g	15g	20g
Tenderstem® Broccoli**	80g	150g	150g
Crème Fraîche** 7)	150g	225g	300g
Dried Oregano	1 sachet	1 sachet	2 sachets

\*Not Included \*\*Store in the Fridge

## Nutrition

	Per serving	Per 100g
for uncooked ingredient	313g	100g
Energy (kJ/kcal)	4164 /995	1332 /318
Fat (g)	57.1	18.3
Sat. Fat (g)	29	9.3
Carbohydrate (g)	80.1	25.6
Sugars (g)	6.6	2.1
Protein (g)	38.4	12.3
Salt (g)	3.93	1.26

Nutrition for uncooked ingredients based on 2 person recipe.

## Allergens

7) Milk 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



### Cook the Pasta

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

Meanwhile, peel and grate the **garlic** (or use a garlic press). Grate the **cheese**.

Once boiling, add the **macaroni** to the **water** 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.

4



### Bring on the Broccoli

Meanwhile, wipe out your (now empty) frying pan and pop back on medium-high heat with a drizzle of **oil**. Halve any thick **broccoli stems** lengthways.

Once the pan is hot, add the **broccoli** and stir-fry for 1-2 mins. Add the **garlic** and fry for 1 min more.

Add a splash of **water** and immediately cover with a lid or some foil. Lower the heat to medium and allow to cook until the **broccoli** is tender, 4-5 mins.

Remove the pan from the heat.

2



### Make the Chorizo Crumb

While the **pasta** cooks, heat a large frying pan on medium-high heat (no oil).

When the pan is hot, add the **chorizo** and **panko breadcrumbs** and fry until the **chorizo** starts to brown, 3-4 mins.

Transfer the **chorizo crumb** to a bowl and set aside. Keep the pan for later.

5



### Finish the Sauce

Once the **sauce** has thickened, stir in the **crème fraîche**, then remove from the heat.

Add the **dried oregano** and **Cheddar**, stir until well combined. Taste and season with **salt** and **pepper** if needed.

Add the **cooked pasta** to the **sauce** and stir to combine. **TIP:** Add a splash of water to loosen if needed.

3



### Start the Sauce

Pop a large saucepan on medium-high heat and add the **olive oil for the roux** (see ingredients for amount).

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

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

6



### Serve

When everything is ready, spoon the **mac and cheese** into your serving bowls and sprinkle over the **chorizo crumb**.

Serve with the **garlicky broccoli**.

### Enjoy!