

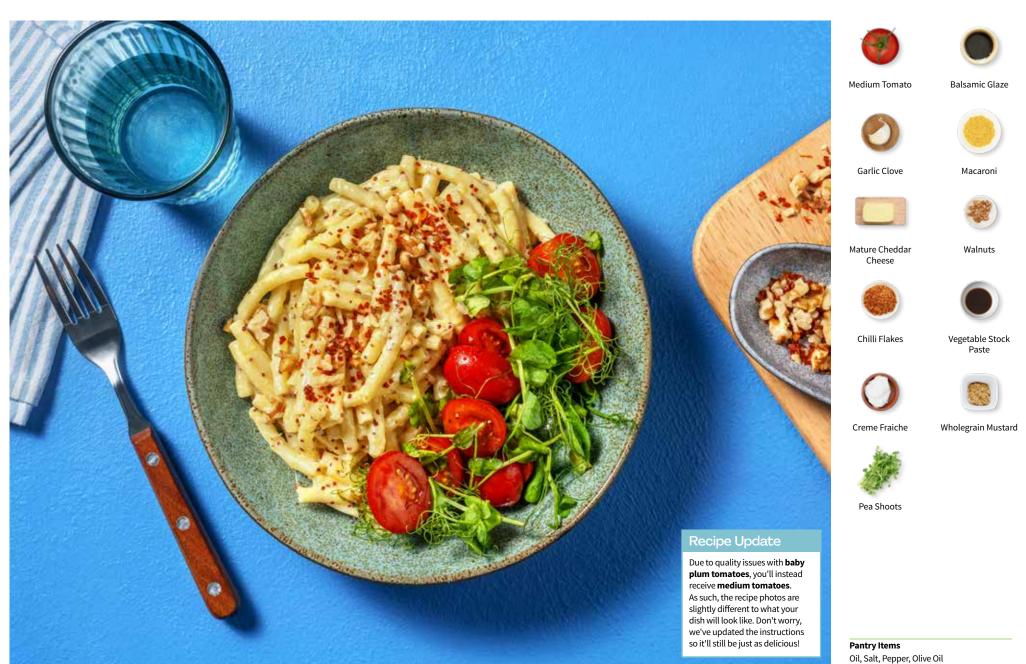
Mac & Cheese and Spicy Walnut Sprinkle

with Pea Shoot and Tomato Salad



20 Minutes • 1 of your 5 a day • Veggie





Before you start

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

Cooking tools

Kettle, bowl, garlic press, saucepan, colander, grater and frying pan.

Ingredients

Ingredients	2P	3P	4P	
Medium Tomato	2	3	4	
Balsamic Glaze 14)	12ml	12ml	24ml	
Garlic Clove**	2	3	4	
Macaroni 13)	180g	270g	360g	
Mature Cheddar Cheese** 7)	130g	180g	260g	
Walnuts 2)	20g	40g	40g	
Chilli Flakes	1 pinch	1 pinch	2 pinches	
Vegetable Stock Paste 10)	10g	15g	20g	
Creme Fraiche** 7)	150g	225g	300g	
Wholegrain Mustard 9)	17g	25g	34g	
Pea Shoots**	40g	60g	80g	
Pantry	2P	3P	4P	
Water for the Sauce*	50ml	75ml	100ml	
*Not Included **Store in the Fridge				

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	396g	100g
Energy (kJ/kcal)	4020 /961	1014 /242
Fat (g)	56.2	14.2
Sat. Fat (g)	30.1	7.6
Carbohydrate (g)	79.3	20
Sugars (g)	12.9	3.3
Protein (g)	34.5	8.7
Salt (g)	2.63	0.66

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

Allergens

2) Nuts 7) Milk 9) Mustard 10) Celery 13) Cereals containing gluten 14) Sulphites

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.

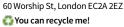
Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

Contact

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Get Prepping

- a) Boil a full kettle.
- b) Cut the tomatoes into 1cm pieces and pop into a bowl with a drizzle of olive oil and the balsamic glaze. Season with salt and pepper, then mix well. Set aside.
- c) Peel and grate the garlic (or use a garlic press).



Pasta Time

- a) Pour the **boiled water** from your kettle into a large saucepan on high heat with ½ **tsp salt**.
- **b)** Add the **macaroni** to the **water** and bring back to the boil. Cook until tender, 12 mins.
- c) Once cooked, drain in a colander. Drizzle with oil and stir through to stop it sticking together.
 Set aside.
- d) Meanwhile, grate the cheese.



Make the Walnut Sprinkle

- a) Roughly chop the walnuts.
- **b)** In another small bowl, mix together the **walnuts** and **chilli flakes** (add less if you'd prefer things milder).
- c) Set your walnut sprinkle aside.



Start your Sauce

- **a)** Heat a drizzle of **oil** in a large frying pan on medium-high heat.
- **b)** Once hot, fry the **garlic** for 30 secs.
- c) Add the water for the sauce (see pantry for amount), vegetable stock paste and cooked pasta to the pan. Bring to the boil, stirring consistently, then remove from the heat.



Mac & Cheese Time

- a) Vigorously stir the creme fraiche, wholegrain mustard and cheese into the macaroni.
- **b)** Add a splash of **water** if it's a little too thick. Taste and season with **salt** and **pepper** if needed.
- **c)** Add the **pea shoots** to the **tomato** bowl and toss to combine.



Serve

- a) Share the mac & cheese between your bowls.
- b) Top with the spicy walnut sprinkle.
- c) Serve with the salad alongside.

Enjoy!