



# Mac & Cheese and Spicy Walnut Sprinkle with Pea Shoot and Tomato Salad

18

Rapid 20 Minutes • 1 of your 5 a day • Veggie



Medium Tomato



Balsamic Glaze



Garlic Clove



Macaroni



Mature Cheddar Cheese



Walnuts



Chilli Flakes



Vegetable Stock Paste



Creme Fraiche



Wholegrain Mustard



Pea Shoots

### Recipe Update

Due to quality issues with **baby plum tomatoes**, you'll instead receive **medium tomatoes**.

As such, the recipe photos are slightly different to what your dish will look like. Don't worry, we've updated the instructions so it'll still be just as delicious!

### Pantry Items

Oil, Salt, Pepper, Olive Oil

## 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 <b>14</b>	12ml	12ml	24ml
Garlic Clove**	2	3	4
Macaroni <b>13</b>	180g	270g	360g
Mature Cheddar Cheese** <b>7</b>	130g	180g	260g
Walnuts <b>2</b>	20g	40g	40g
Chilli Flakes	1 pinch	1 pinch	2 pinches
Vegetable Stock Paste <b>10</b>	10g	15g	20g
Crema Fraiche** <b>7</b>	150g	225g	300g
Wholegrain Mustard <b>9</b>	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

Let us know what you think!

Share your creations with #HelloFreshSnaps

Head to [hellofresh.co.uk](http://hellofresh.co.uk) or use our app to rate this recipe

HelloFresh UK  
Packed in the UK  
The Fresh Farm  
60 Worship St, London EC2A 2EZ

 You can recycle me!



## Get Prepping

- Boil a full kettle.
- 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.
- Peel and grate the **garlic** (or use a garlic press).



## Start your Sauce

- Heat a drizzle of **oil** in a large frying pan on medium-high heat.
- Once hot, fry the **garlic** for 30 secs.
- 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.



## Pasta Time

- Pour the **boiled water** from your kettle into a large saucepan on high heat with  $\frac{1}{2}$  **tsp salt**.
- Add the **macaroni** to the **water** and bring back to the boil. Cook until tender, 12 mins.
- Once cooked, drain in a colander. Drizzle with **oil** and stir through to stop it sticking together. Set aside.
- Meanwhile, grate the **cheese**.



## Mac & Cheese Time

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



## Make the Walnut Sprinkle

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



## Serve

- Share the **mac & cheese** between your bowls.
- Top with the **spicy walnut sprinkle**.
- Serve with the **salad** alongside.

## Enjoy!