



# Blue Cheese Cauliflower Mac and Cheese with Sriracha Drizzle

19

Classic 30-35 Minutes • Medium Spice • 1 of your 5 a day



Mature Cheddar Cheese



Blue Cheese



Panko Breadcrumbs



Cauliflower



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, 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**	1	1	2
Macaroni 13)	180g	270g	360g
Oil for the Roux*	1½ tbsps	2 tbsps	3 tbsps
Plain Flour*	2 tbsps	3 tbsps	4 tbsps
Water for the Sauce*	250ml	375ml	500ml
Vegetable Stock Paste 10)	15g	20g	30g
Creme Fraiche** 7)	150g	225g	300g
Baby Spinach**	40g	100g	100g
Sriracha	1 sachets	2 sachets	2 sachets
Bacon Lardons**	90g	120g	180g

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

## Nutrition

	Per serving	Per 100g
for uncooked ingredient	555g	100g
Energy (kJ/kcal)	4402/1052	794/190
Fat (g)	57.6	10.4
Sat. Fat (g)	27.1	4.9
Carbohydrate (g)	95.5	17.2
Sugars (g)	14.1	2.5
Protein (g)	33.4	6.0
Salt (g)	3.02	0.54

Custom Recipe	Per serving	Per 100g
for uncooked ingredient	600g	100g
Energy (kJ/kcal)	4890/1169	815/195
Fat (g)	66.7	11.1
Sat. Fat (g)	30.0	5.0
Carbohydrate (g)	96.4	16.1
Sugars (g)	14.1	2.4
Protein (g)	41.0	6.8
Salt (g)	4.2	0.71

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 bowl and season with **salt** and **pepper**. Stir in the **olive oil for the crumb** (see ingredients for amount), then set your **crumb** aside 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 chosen to add **bacon lardons** to your meal, add to the hot **oil** in the pan before you add the **flour**. Stir-fry until golden 4-5 mins, then stir in the **flour** and continue as instructed. **IMPORTANT:** Wash your hands and equipment after handling raw meat. Cook lardons thoroughly.



## Roast the Cauli

Cut the **cauliflower** into florets (like small trees). Halve any larger 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 a gentle 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**. Combine well, then pour your **mac and cheese** back 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 in bowls with a drizzle of **sriracha** on top (careful, it's hot - add less if you don't like heat).

## Enjoy!