

Hello
FRESH



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Quickest Mac and Cheese

with Spinach, Tomato, and Cheesy Breadcrumbs

If you think mac and cheese is just pasta and cheese, think again. Our chefs managed to sneak tomato and spinach into this super speedy comfort dish. But don't worry—your kids will be too distracted by the crunchiness of the panko breadcrumbs and creaminess of the cheddar cheese to even notice.



Prep: 10 min
Total: 30 min



level 1



nut
free



veggie



Yellow
Onion



Roma
Tomato



Gemelli
Pasta



Baby
Spinach



Cream
Cheese



Reduced-Fat
Milk



Panko
Breadcrumbs

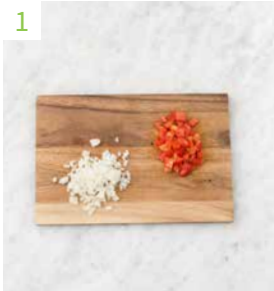


Cheddar
Cheese

Ingredients

	4 People	*Not Included
Yellow Onion	1	Allergens
Roma Tomato	1	1) Wheat
Gemelli Pasta 1)	12 oz	2) Milk
Baby Spinach	5 oz	3) Soy
Cream Cheese 2)	3 T	
Cheddar Cheese 2)	3 Packages	
Reduced-Fat Milk 2)	½ Cup	Tools
Panko Breadcrumbs 1) 3)	¼ Cup	Large pot, Strainer,
Butter* 2)	1 T	Large ovenproof tall-sided pan
Olive Oil*	2 t	

Nutrition per person Calories: 616 cal | Fat: 25 g | Sat. Fat: 13 g | Protein: 25 g | Carbs: 76 g | Sugar: 8 g | Sodium: 376 mg | Fiber: 6 g



1 Prep: Wash and dry all produce. Preheat broiler to high or oven to 500 degrees. Bring a large pot of **salted water** to a boil. Halve, peel, and finely dice **onion**. Core and dice **tomato**.



2 Boil the pasta: Add **pasta** to boiling water. Cook until al dente, 9-11 minutes. Drain when finished.



3 Cook the onion and tomato: Heat a large drizzle of **olive oil** in a large ovenproof tall-sided pan over medium heat. Add **onions** and toss until softened, about 5 minutes. Add **tomatoes** and toss until broken down, another 5 minutes. Season with **salt** and **pepper**.

4 Wilt the spinach: Stir **spinach** into pan to wilt. (**HINT:** You may need to work in stages.) Season with **salt** and **pepper**. Remove pan from heat.



5 Stir together the mac and cheese: Add drained **pasta**, **3 Tablespoons cream cheese**, **1 Tablespoon butter**, and **2 packages Cheddar cheese**. Thoroughly combine to melt cheeses. Slowly add **milk** 1 Tablespoon at a time to reach a creamy consistency (we used roughly ½ cup). Season with **salt** and **pepper**. **TIP:** If pasta isn't hot enough to melt cheeses, place pan over low heat.

6 Broil and serve: Sprinkle with **Panko breadcrumbs** and remaining **Cheddar cheese**. Transfer to oven and broil until melted and golden brown, 2-3 minutes. (**TIP:** Keep a close eye on it!) Serve the **mac and cheese** divided between bowls and enjoy.

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