

DINNERLY



Mac 'n' Cheese Bake with Crunchy Topping and Green Peas



25 minutes



2 Servings

Whether you're full-time vego or part-time only, our varied range of vegetarian dishes really hits the spot. Bursting with veggies, dairy, legumes, grains and nuts, they're packed with flavour, they'll fill you up and they're totally mouth-watering too!

WHAT WE SEND

- 100g cheddar ²
- 40g panko breadcrumbs ^{1,6}
- 10g pepper and garlic seasoning ^{1,3,4,5,6}
- 200g macaroni pasta ^{1,6}
- 150g peas
- 250ml cream ²

* The remainder of this ingredient won't be used in this recipe.

WHAT YOU NEED

- 20g butter ²
- 3 tsp plain flour ^{1,6}

TOOLS

- medium saucepan
- box grater
- 1L (4 cup) baking dish

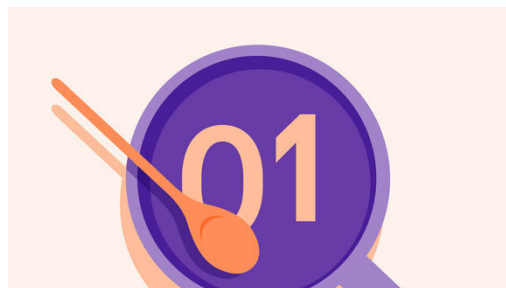
Our veggies come straight from the farm, so please wash them before cooking.

ALLERGENS

Gluten (1), Milk (2), Sesame (3), Soy (4), Sulphites (5), Wheat (6). May contain traces of other allergens.

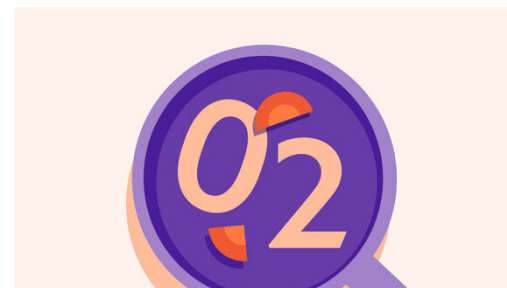
NUTRITION PER SERVING

Energy 985kcal, Fat 50.9g, Carbs 94.9g, Protein 32.5g



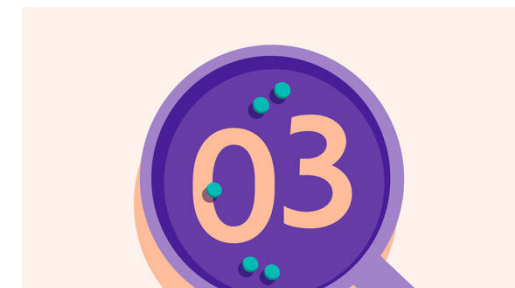
1. Prep ingredients

Bring a medium saucepan of salted water to the boil for the pasta. Coarsely grate the **cheese**. Put the **breadcrumbs**, **half the cheese** and **1½ tsp pepper and garlic seasoning** (see Kitchen notes) in a bowl, season with **salt** and stir to combine.



2. Cook pasta and peas

Cook the **pasta** in the pan of boiling water for 5 mins. Add the **peas** and cook for a further 2 mins or until the peas are tender and the pasta is al dente. Drain the pasta and peas. Wipe the pan clean. Preheat the grill to high.



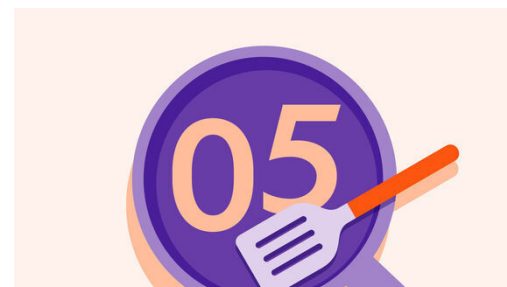
3. Make sauce

Melt **20g butter** in the same pan over medium heat. Add **3 tsp plain flour** and cook, stirring, for 2 mins or until golden. Reduce the heat to low, then gradually add **half the cream*** and **180ml (¾ cup) water**, stirring constantly to prevent lumps forming (see Kitchen notes). Bring to a gentle simmer and cook, stirring, for 4 mins or until thickened.



4. Assemble and grill

Add the **pasta and peas**, **remaining cheese** and **1½ tsp pepper and garlic seasoning** to the sauce, season with **salt** and stir to combine. Transfer to a 1L (4 cup) baking dish. Scatter the **breadcrumb mixture** over the pasta mixture. Grill for 3-5 mins until the cheese is melted and the crumbs are golden.



5. Serve up

Divide the **mac 'n' cheese** among plates or pop the dish on the table for everyone to help themselves. Enjoy!



6. Kitchen notes

Our pepper and garlic seasoning has a mild peppery kick, so reduce the amount if you prefer less heat. ~ The trick to achieving a silky smooth sauce is to add the cream gradually while stirring constantly. Add a little cream, stir until smooth, then add a little more until fully combined.