



Smokey mac and cheese

with sundried tomato



This mac and cheese is creamy, moreish and so easy to put together! With a subtle smokiness and featuring sundried tomatoes, this makes a perfect mac and cheese variation!.



Make this dish within 5 days of receiving your meal kit



Cooking equipment: large pot



Pantry items needed: unsweetened soy milk, salt, freshly ground black pepper



Hands-on: 10 minutes
Ready in: 20 minutes



Serves: 2 or 4

HIGH PROTEIN | Quick & easy, Great for leftovers

Before you start

Read through the recipe and give your fresh produce a wash.

Ingredients

	2 serves	4 serves
Macaroni	1 packet	1 packet
Salt*	1 tsp	2 tsp
Lemon	100g	200g
Sundried tomato strips	1 tub	1 tub
Mozzarella	1 tub	1 tub
Parsley	10g	20g
Mac and cheese paste mix	1 tub	1 tub
Unsweetened soy milk*	½ cup	1 cup
Mac and cheese powder mix	1 packet	1 packet
Freshly ground black pepper*	¼ tsp	½ tsp

* *Pantry items*

Allergens and ingredients

Allergens: gluten, wheat, soy, sesame, sulphites.

May contain traces of other allergens.

For full details of allergen and ingredient information contact us at (02) 8773 4584.

Instructions

1. Cook pasta

Fill a large pot 2/3 full with water and bring to a boil. Add **macaroni** and **salt*** and cook for **6 minutes**. Drain **macaroni**, reserving **1 cup of pasta water**. Set aside.

2. Prepare ingredients

Juice **lemon**. Drain **sundried tomato strips** on kitchen paper towel and roughly chop. Pick **parsley** leaves and roughly chop.

3. Mix cheese sauce

In a bowl, add **mac and cheese paste mix** and gradually whisk in **unsweetened soy milk*** until smooth. Add **lemon juice** and **mac and cheese powder** and whisk until well combined. Fold in **cheese**.

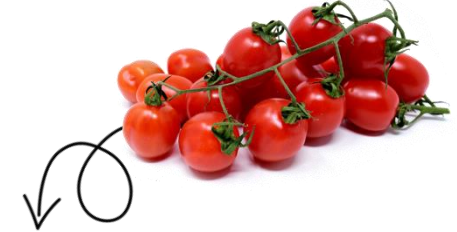
4. Make mac and cheese

In the same large pot over low heat, add **cheese sauce** and stir until warm, about **1 minute**. Fold in **macaroni**, **sundried tomato**, and **freshly ground black pepper***. Add **pasta water 2 tbsp** at a time until glossy and smooth. Continue stirring until heated through.

5. Serve

Serve **mac and cheese** in bowls, topped with **parsley** and additional **freshly ground black pepper*** to taste.

Eat your way
to healthy!



Tomatoes are a good source of fibre, antioxidants and several vitamins and minerals, such as vitamin B9, C, K, and potassium.

Tomatoes have been linked to health benefits such as reduced risk of heart disease and several cancers, and skin health..

Nutritional information*

	Per 460g serve	Per 100g
Energy	3998kJ (956Cal)	869kJ (208Cal)
Protein	38.6g	8.4g
Fat, total	19.0g	4.1g
- Saturated	12.1g	2.6g
Carbohydrate	148.0g	32.0g
- Sugars	16.0g	4.0g
Sodium	1869mg	406mg

* *Nutritional information is based on averages*