



DOUBLE CHEESE MAC & GREENS

with Garlic & Pine Nut Crumb Topping



Try a healthier twist on an old favourite



Broccoli



Garlic



Spring Onion



Cheddar Cheese



Parsley



Fusilli



Baby Spinach Leaves



Pine Nuts



Panko Breadcrumbs



Chilli Flakes (Optional)



Grated Parmesan Cheese



Hands-on: **25 mins**

Ready in: **30 mins**



Spicy (optional chilli flakes)

Mac 'n' cheese is pretty much the best meal ever, but sometimes you want something a little bit better for you. Enter this jazzed up version, with loads of green veggies plus a crunchy cheesy crumb topping to finish it off. It's all the comfort of the classic, with an extra dash of nutrition!

Pantry Staples: Olive Oil, Butter, Plain Flour, Milk

BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:
 • **medium saucepan** • **medium frying pan**



1 GET PREPPED

Bring a medium saucepan of salted water to the boil. Cut the **broccoli** into small florets and roughly chop the stalk. Finely chop the **garlic** (or use a garlic press). Finely chop the **parsley**. Thinly slice the **spring onion**. Grate the **Cheddar cheese**.



2 COOK THE PASTA & VEG

Add the **fusilli** to the boiling water and cook for **5 minutes**. Add the **broccoli** and cook for a further **3 minutes** until just tender. Place the **baby spinach leaves** in a colander and drain the fusilli and broccoli over the spinach leaves. **TIP:** *This is an easy way to wilt the spinach!*



3 MAKE THE CRUMB TOPPING

While the pasta is cooking, heat a **drizzle** of **olive oil** in medium frying pan over a medium-high heat. Add the **pine nuts**, **panko breadcrumbs** (see ingredients list) and a **pinch** of **chilli flakes** (if using). Cook for **2-3 minutes** or until golden. Add the **garlic** and cook for **30 seconds** or until fragrant. Transfer to a bowl, add the **parsley** and a **good pinch** of **salt** and **pepper** and stir to combine.



4 MAKE THE CHEESY SAUCE

Once the pasta has finished cooking, return the empty saucepan to a medium heat. Add the **butter** and heat for **30 seconds** or until melted. Add the **plain flour** and cook, stirring, for **1 minute** or until the 'raw' smell has cooked off. Slowly pour in the **milk** and whisk to combine. Cook, stirring continuously, for **1 minute** or until thickened slightly, then add the **salt**, **Cheddar cheese**, **grated Parmesan cheese** (see ingredients list) and a **pinch** of **pepper** and keep stirring until the cheese has melted into a smooth sauce. Loosen with a **dash** more **milk** if the sauce looks too thick.



5 TOSS EVERYTHING TOGETHER

Add the drained **fusilli**, **broccoli** and **baby spinach leaves** to the cheesy sauce and stir to coat. Stir through the **spring onion** and season to taste with **salt** and **pepper**.



6 SERVE UP

Divide the double cheese mac and greens between bowls and top with a sprinkling of the garlic and pine nut crumb.

ENJOY!

2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
broccoli	1 head	2 heads
garlic	2 cloves	4 cloves
parsley	1 bag	1 bag
spring onion	1 bunch	1 bunch
Cheddar cheese	1 block (100g)	2 blocks (200g)
fusilli	1 packet	2 packets
baby spinach leaves	1 bag (120g)	1 bag (240g)
pine nuts	1 packet	2 packets
panko breadcrumbs	¼ packet	½ packet
chilli flakes (optional)	pinch	pinch
butter*	20g	40g
plain flour*	1 tbs	2 tbs
milk*	¾ cup	1½ cups
salt*	¼ tsp	½ tsp
grated Parmesan cheese	½ packet	1 packet

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	4300kJ (1030Cal)	793kJ (190Cal)
Protein (g)	53.9g	9.9g
Fat, total (g)	40.6g	7.5g
- saturated (g)	22.2g	4.1g
Carbohydrate (g)	106g	19.6g
- sugars (g)	12.2g	2.3g
Sodium (g)	1060mg	196mg

For allergens and ingredient information, visit [HelloFresh.co.nz/recipes](https://www.hellofresh.co.nz/recipes)

We love feedback, so give us a call with any questions, comments or concerns | (09) 886 9589
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