



Mac & Greens

with Garlic Crumb Topping

Grab your Meal Kit with this symbol



Broccoli



Garlic



Spring Onion



Fusilli Pasta



Salad Leaves



Panko Breadcrumbs



Chilli Flakes (Optional)



Vegetable Stock Powder



Garlic & Herb Seasoning



Grated Parmesan Cheese



Plant-Based Cream



Shredded Cheddar Cheese

Recipe Update

The current labour shortages have impacted availability of ingredients across the entire food supply chain. As such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!

Prep in: **25-35** mins
Ready in: **30-40** mins

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 items

Olive Oil, Butter, Plain Flour, Milk

Before you start

Remember to wash your hands for 20 seconds before you get cooking.

You'll also need to give your fruit and veggies a wash.

You will need

Medium saucepan · Medium frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
broccoli	1 head	2 heads
garlic	2 cloves	4 cloves
spring onion	1 stem	2 stems
fusilli pasta	1 medium packet	2 medium packets
salad leaves	1 large bag	1 extra large bag
panko breadcrumbs	½ packet	1 packet
chilli flakes  (optional)	pinch	pinch
butter*	20g	40g
plain flour*	3 tsp	1 ½ tbs
milk*	¼ cup	½ cup
plant-based cream	½ packet	1 packet
vegetable stock powder	1 medium sachet	1 large sachet
garlic & herb seasoning	1 sachet	1 sachet
shredded Cheddar cheese (100g)	1 packet	2 packets (200g)
grated Parmesan cheese (15g)	½ packet	1 packet (30g)

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4595kJ (1098Cal)	913kJ (218Cal)
Protein (g)	39.5g	7.9g
Fat, total (g)	59.5g	11.8g
- saturated (g)	34.2g	6.8g
Carbohydrate (g)	94.8g	18.8g
- sugars (g)	9.6g	1.9g
Sodium (mg)	1488mg	296mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.co.nz/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



Get prepped

- Bring a medium saucepan of salted water to the boil.
- Cut **broccoli** into small florets. Finely chop **garlic**. Thinly slice **spring onion**.



Make the cheesy sauce

- When the pasta has finished cooking, return the saucepan to medium heat. Add the **butter** and heat for **30 seconds** or until melted. Add the **plain flour** and cook, stirring, for **1 minute**.
- Slowly pour in the **milk** and **plant-based cream** (see ingredients), then whisk to combine. Cook, stirring continuously, for **1 minute** or until thickened slightly.
- Add **vegetable stock powder**, **garlic & herb seasoning**, **shredded Cheddar cheese**, 1/2 the **grated Parmesan cheese** and a good pinch of **pepper**, then stir until well combined and cheese has melted.

TIP: Loosen with a dash more milk if the sauce looks too thick.



Cook the pasta & veggies

- Add **fusilli** and **broccoli** to the boiling water and cook for **8 minutes**, until broccoli is tender and pasta is 'al dente'.
- Place **salad leaves** in the colander and drain **fusilli** and **broccoli** over the **salad leaves**.

TIP: This is an easy way to wilt the spinach!



Bring it all together

- Add drained **fusilli**, **broccoli** and **salad leaves** to the **cheesy sauce**, then toss to coat.
- Stir through **spring onion** and season to taste with **salt** and **pepper**.



Make the garlic crumb

- Meanwhile, heat a drizzle of **olive oil** in a medium frying pan over medium-high heat. Cook **panko breadcrumbs** (see ingredients) and a pinch of **chilli flakes** (if using), until golden, **2-3 minutes**.
- Add **garlic** and cook, until fragrant, **30 seconds**. Transfer **garlic crumb** to a bowl and season.



Serve up

- Divide mac and greens between bowls and top with remaining Parmesan cheese and a sprinkling of garlic crumb. Enjoy!

We're here to help!

Scan here if you have any questions or concerns



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