



More than Food

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## Stovetop Shells and Cheddar

with Crispy Breadcrumbs and Roasted Carrots

It's hard to improve upon the classic mac and cheese, but this stovetop version has an unbeatable twist: the pasta boils right in the sauce! This method makes for an ultra-creamy texture with minimal cleanup. A side of caramelized carrots is the perfect accompaniment.

35 min

level 1

veggie

nut free



Shells



Cheddar, shredded



Reduced Fat Milk



Yellow Onion



Panko



Carrots

## Ingredients

		2 People	4 People
Shells	1)	6 oz	12 oz
Cheddar, shredded	2)	1 C	2 C
Reduced Fat Milk	2)	2 C	4 C
Yellow Onion		1	2
Panko	1) 3)	¼ C	½ C
Carrots		16 oz	32 oz
Butter*	2)	2 T	4 T
Olive Oil*		2 t	4 t

\*Not Included

## Allergens

1) Wheat

2) Milk

3) Soy

## Tools

Baking Sheet, Baking Dish,  
Medium Oven-Proof Pan,  
Small Bowl, Peeler

Ruler

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**Nutrition per person** Calories: 758 cal | Fat: 40 g | Sat. Fat: 21 g | Protein: 30 g | Carbs: 71 g | Sugar: 26 g | Sodium: 684 mg | Fiber: 11 g

*Make sure to wash and dry produce before prepping or cooking!*



**1 Roast the carrots:** Preheat the oven to 400 degrees. Peel then halve the **carrots**, then cut into wedges (like steak fries). Toss the **carrots** on a baking sheet with a drizzle of **oil** and a pinch of **salt** and **pepper**. Place in the oven for about 25-35 minutes, until soft and caramelized.



**2** Halve, peel, and mince the **onion**. Heat **2 Tablespoons butter** in a medium oven-proof pan over medium heat. Add the **onion** to the pan and cook, tossing, for 5-6 minutes, until very soft. Add the **milk** and **1/2 cup water** to the pan and bring to a boil. Add the **pasta** to the pan and cook, stirring very often, until the pasta is al dente and the sauce has thickened, for 10-12 minutes.

**TIP:** If the sauce becomes too thick before the pasta is al dente, simply add a splash of water.



**3** A few minutes before the **pasta** is ready, remove the **roasted carrots** from the oven and set the broiler to high (or the oven to 500 degrees). In a small bowl, combine the **panko** with a drizzle of **olive oil** and a pinch of **salt** and **pepper**.



**4** Remove the pan from heat and stir in the **cheddar cheese**. If you do not have an oven-proof pan, transfer the mixture to a small (8x8") baking dish. Sprinkle with the **panko mixture** and place under the broiler for 2-3 minutes, until golden brown.

**5** Serve the **shells and cheddar** straight out of the skillet, with the **roasted carrots** to the side. Enjoy!