



Frank's RedHot Cauli Mac n' Cheese with a Blue Cheese Crumb

Limited Edition 40 Minutes • Medium Spice • Veggie

22



Cheddar Cheese



Blue Cheese



Panko Breadcrumbs



Cauliflower Florets



Macaroni



Plain Flour



Vegetable Stock Paste



Creme Fraiche



Baby Spinach



Frank's RedHot Sachet

Before you start

Our fruit and veggies need a little wash before you use them!

Cooking tools, you will need:

Saucepan, Grater, Bowl, Ovenproof Dish, Colander and Frying Pan.

Ingredients

	2P	3P	4P
Cheddar Cheese 7) **	60g	90g	120g
Blue Cheese 7) **	30g	60g	60g
Panko Breadcrumbs 13)	25g	35g	50g
Olive Oil for the Crumb*	2 tbsp	3 tbsp	4 tbsp
Cauliflower Florets**	300g	450g	600g
Macaroni 13)	180g	270g	360g
Oil for the Flour*	1½ tbsp	2 tbsp	3 tbsp
Plain Flour 13)	24g	32g	48g
Water for the Sauce*	250ml	375ml	500ml
Vegetable Stock Paste 10)	15g	20g	30g
Crema Fraiche 7) **	150g	225g	300g
Baby Spinach**	100g	150g	200g
Frank's RedHot	2 sachets	3 sachets	4 sachets

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	466g	100g
Energy (kJ/kcal)	4073 /974	874 /209
Fat (g)	55	12
Sat. Fat (g)	23	5
Carbohydrate (g)	95	20
Sugars (g)	8	2
Protein (g)	32	7
Salt (g)	3.77	0.81

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk 10) Celery 13) Gluten

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

Contact

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HelloFresh UK

Packed in the UK

The Fresh Farm

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 You can recycle me!



Get Prepped

Preheat your oven to 200°C. Bring a large saucepan of **water** to the boil with ½ tsp of **salt** for the **macaroni**. Grate the **Cheddar cheese**. Put the **blue cheese** and **panko breadcrumbs** in a bowl and season with **salt** and **pepper**. Add the **oil for the crumb** (see ingredients for amount) and mix to combine.



Make the Sauce

Heat a frying pan on medium-high heat. Add the **oil for the flour** (see ingredients for amount), then stir in the **flour**. Cook until it forms a paste consistency, 1-2 mins. Gradually stir in the **water for the sauce** (see ingredients for amount) and the **vegetable stock paste**. Bring to the boil, stir and simmer until thickened, 1-2 mins. Stir in the **creme fraiche**, then remove from the heat.



Roast the Cauli

Halve any larger **cauliflower florets** and pop them into an ovenproof dish. Drizzle with **oil** and season with **salt** and **pepper**, then toss to coat. Spread them out in a single layer. When the oven is hot, roast on the top shelf until golden brown and tender, 15-20 mins. Turn halfway through.



Assemble

Add the **Cheddar cheese** to the **sauce** and stir until melted. Taste and season with **salt** and **pepper** if needed. Return the pan to a gentle heat and stir in the **spinach** a handful at a time until wilted and piping hot, 1-2 mins, then remove from the heat. Add the **roasted cauli** and the cooked **macaroni** to the **sauce**, stir to combine. Pour into the ovenproof dish and change your oven to grill setting on high.



Cook the Macaroni

Meanwhile, when boiling, add the **macaroni** to the **water** and cook until tender, 12 mins. Once cooked, drain in a colander and pop back into the pan. Drizzle with **oil** and stir through to stop it sticking together.



Bake

Sprinkle the **blue cheese crumb** evenly over the top, then grill on the top shelf of your oven until the crumbs are golden, 3-5 mins. Serve in bowls with the **Frank's RedHot** drizzled over the top - it's spicy, use as much as you like.

Enjoy!

In collaboration with

Meet the Heat

Premium blended aged cayenne peppers add a kick of heat and a whole lot of flavour in this delicious hot pepper sauce.

There may be changes to ingredients in recipes:

Allergens: Always check the packaging of individual products/ingredients for up to date information.

Missing Ingredients:

You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.