

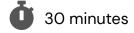




# Cauliflower Mac n Cheese

# with Smoked Ham

Roasted cauliflower blended into a creamy cheese sauce, tossed through macaroni pasta with cherry tomatoes, smoked ham and a crunchy panko topping.





2 servings



Switch it up!

Instead of making a creamy sauce, toss the roast cauliflower and tomatoes with pasta and a sugo or pesto. Top with parmesan cheese. You can toast the panko crumbs in a frypan instead of being used as a topping.

TOTAL FAT CARBOHYDRATES 37g 124g

## FROM YOUR BOX

CAULIFLOWER	1/2
CHERRY TOMATOES	1 packet (200g)
SHORT PASTA	500g
PARMESAN CHEESE	1 packet
FREE-RANGE HAM	1 packet (90g)
PANKO CRUMBS	40g
PARSLEY	1 packet

#### FROM YOUR PANTRY

oil for cooking, salt, pepper, olive oil/butter, ground turmeric (optional)

#### **KEY UTENSILS**

oven tray, saucepan, stick mixer or blender, oven dish

#### **NOTES**

Keep the vegetables separated so that you can easily remove the cauliflower for step 3.

The turmeric is optional and just enough to give the sauce a lovely cheesy colour without being too strong in flavour.

No gluten option - pasta is replaced with GF pasta. Panko crumbs are replaced with herb and garlic lupin crumbs.





## 1. ROAST THE VEGETABLES

Set oven to 220°C.

Cut cauliflower into small florets. Halve tomatoes. Toss on a lined oven tray with oil, salt and pepper (see notes). Roast in oven for 20 minutes until tender.



## 2. COOK THE PASTA

Bring a saucepan of water to a boil. Add <a href="1/2">1/2 packet pasta</a> to boiling water and cook according to packet instructions or until al dente. Reserve 1 cup cooking liquid before draining.



#### 3. BLEND THE SAUCE

Blend roasted cauliflower with parmesan cheese, 1 cup reserved cooking liquid and 1/8 tsp turmeric using a stick mixer or blender until smooth (see notes). Season with salt and pepper.



# 4. TOSS THE PASTA

Slice ham. Toss with cooked pasta, roast tomatoes and sauce in an oven dish until well combined. Season with salt and pepper.



## **5. BAKE THE PASTA**

Combine panko crumbs with 1/4 cup melted butter or olive oil. Spread mixture on top of pasta and return to top shelf of oven for 5 minutes until crunchy.



## 6. FINISH AND SERVE

Chop parsley and use to garnish pasta bake. Serve at the table.

**How did the cooking go?** We'd love to know - help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to **hello@dinnertwist.com.au** 



