



### Product Spotlight: Cauliflower

While most people choose to eat only the cauliflower florets, the stem and leaves are also edible and are great for soups and stocks!



## 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.



30 minutes



4 servings



Pork

8 September 2023

## 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.*

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	24g	25g	115g

## FROM YOUR BOX

CAULIFLOWER	1
CHERRY TOMATOES	2 packets (2 x 200g)
SHORT PASTA	500g
PARMESAN CHEESE	1 packet
FREE-RANGE HAM	1 packet (180g)
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 pasta to boiling water and cook according to packet instructions or until al dente. Reserve **2 cups cooking liquid** before draining.



## 3. BLEND THE SAUCE

Blend roasted cauliflower with parmesan cheese, **2 cups reserved cooking liquid** and **1/4 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.



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