



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 Ham

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



40 minutes



2 servings



Pork

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
	38g	28g	74g

FROM YOUR BOX

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

FROM YOUR PANTRY

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

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. Short on time? You can boil the cauliflower florets in a saucepan of water for 10–12 minutes or until very soft. Drain well, then continue with the sauce.

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.



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1. ROAST THE VEGETABLES

Set oven to 220°C.

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



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**.



2. COOK THE PASTA

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



5. BAKE THE PASTA

Combine **panko crumbs** with **1-2 tbsps melted butter** or **olive oil**. Spread **mixture** on top of **pasta** and return to top shelf of oven for 5 minutes until crunchy.



3. BLEND THE SAUCE

Blend **roasted cauliflower** with **parmesan cheese, 1 cup reserved cooking water** and **1/4 tsp turmeric** using a stick mixer or blender until smooth (see notes). Season with **salt and pepper**.



6. FINISH AND SERVE

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

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