



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



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
	45g	37g	124g

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, 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 tray with **oil, salt and pepper** (see notes) and arrange separately. 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 **1/4 cup melted butter** or **olive oil**. Spread mixture on top of pasta and return to top shelf of oven for 5 minutes until crunchy.



3. BLEND THE SAUCE

Blend roasted cauliflower with parmesan cheese, **1 cup reserved cooking water** and **1/8 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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