



### 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



4/6 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 |
|-------------|---------|-----------|---------------|
| 4/6 Person: | 29g     | 14g       | 64g/42g       |

## FROM YOUR BOX

|                 | 4 PERSON | 6 PERSON  |
|-----------------|----------|-----------|
| CAULIFLOWER     | 1        | 1 1/2     |
| CHERRY TOMATOES | 2 x 200g | 3 x 200g  |
| SHORT PASTA     | 500g     | 500g      |
| PARMESAN CHEESE | 1 packet | 2 packets |
| SMOKED HAM      | 180g     | 2 x 180g  |
| PANKO CRUMBS    | 40g      | 2 x 40g   |
| PARSLEY         | 1 packet | 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. 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.



Scan the QR code to submit a Google review!



## 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 **pasta** to boiling water and cook according to packet instructions or until al dente. Reserve **2 cups cooking water** before draining.



## 5. BAKE THE PASTA

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

**6P** – combine panko crumbs with 3–4 **tbsp melted butter** or **olive oil**.



## 3. BLEND THE SAUCE

Blend **roasted cauliflower** with **parmesan cheese, 2 cups reserved cooking water** and **1/4–1/2 tsp turmeric** using a stick mixer or blender until smooth (see notes). Season with **salt and pepper**.

**6P** – use 1 1/2 bag parmesan



## 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 **0440 132 826** or send an email to **hello@dinnertwist.com.au**

