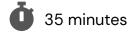






# Secret Veg Mac and Cheese

This mac and cheese is warming and comforting, with the bonus of secret vegetables hidden in the sauce; fussy eaters won't even know they're there!





4 servings



# Switch it up!

No stick mixer? Do not fear! Blend the cooked pumpkin in a food processor, or use a potato masher or fork to mash it.

Per serve: PROTEIN TOTAL FAT CARBOHYDRATES

33g 13g

3g

138g

#### FROM YOUR BOX

BROWN ONION	1
ZUCCHINI	1
GARLIC CLOVES	2
SAGE	1 packet
BUTTERNUT PUMPKIN	1
SHORT PASTA	1 packet
PARMESAN CHEESE	1 packet
CHILLI LUPIN CRUMB	1 packet
MESCLUN LEAVES	120g
AGAVE DRESSING	2 sachets

#### FROM YOUR PANTRY

oil for cooking, salt, pepper

#### **KEY UTENSILS**

2 saucepans, oven dish, stick mixer (see front page)

#### **NOTES**

Use hot water from a kettle to speed up the cooking time.

The chilli lupin crumb has a mild spice. For fussy eaters, try adding it to one side of the mac and cheese, or omit it and save it for another meal.

No gluten option – no gluten option is GF pasta. Cook according to packet instructions.



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#### 1. SAUTÉ THE ONION

Set oven to 220°C and bring a saucepan of water to a boil.

Heat a large saucepan over medium-high heat with **oil**. Slice onion, grate zucchini and crush garlic. Add to pan as you go along with 1/2 sage leaves. Sauté for 5 minutes (see step 2). Remove to a bowl and keep pan over heat.



#### 2. BOIL THE PUMPKIN

While onion sautés, peel and roughly chop pumpkin. Add to pan over heat. Cover with water (see notes) and bring to a boil. Simmer for 10 minutes until pumpkin is soft.



#### 3. COOK THE PASTA

Add pasta to saucepan of boiling water. Cook according to packet instructions. Reserve 1/2 cup cooking liquid. Drain pasta.



#### 4. MAKE THE SAUCE

Drain pumpkin and return to pan. Use a stick mixer to blend until smooth. Add sautéed vegetables back to pan along with pasta, 1/2 parmesan cheese and reserved cooking liquid as necessary. Season with salt and pepper. Stir to combine.



## 5. BAKE THE MAC & CHEESE

Mix remaining sage leaves, lupin crumb (see notes) and **2 tbsp oil** in a bowl.

Transfer pasta mix to an oven dish. Top with lupin crumb mix and remaining parmesan cheese. Bake for 5 minutes until golden on top.



### **6. FINISH AND SERVE**

Toss mesclun leaves with agave dressing.

Serve the dressed leaves and mac and

Serve the dressed leaves and mac and cheese tableside.

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