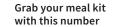


# Quick Truffle 'Mac' & Cheese with Green Veggies & Chilli Flakes

CLIMATE SUPERSTAR











Green Beans



Baby Spinach

Garlic Paste



**Light Cooking** 



Dijon Mustard



Vegetable Stock

Cheddar Cheese





Parmesan Cheese

Truffle Oil



Chilli Flakes (Optional)





Prep in: 15-25 mins Ready in: 15-25 mins

Move over, macaroni! Penne is the perfect pasta for scooping up tonight's creamy, two-cheese pasta sauce - complete with a drizzle of truffle oil for a mushroomy depth of flavour. Complete the dish with steamed green veggies for some colour, crunch and to cut through the richness.

**Pantry items** 

Olive Oil, Butter

### Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

#### You will need

Large saucepan · Large frying pan

### Ingredients

|                               | 2 People        | 4 People         |
|-------------------------------|-----------------|------------------|
| olive oil*                    | refer to method | refer to method  |
| green beans                   | 1 medium packet | 2 medium packets |
| penne                         | 1 medium packet | 2 medium packets |
| baby spinach<br>leaves        | 1 small packet  | 1 medium packet  |
| butter*                       | 30g             | 40g              |
| garlic paste                  | 1 packet        | 2 packets        |
| light cooking cream           | 1 medium packet | 1 large packet   |
| Dijon mustard                 | 1 packet        | 2 packets        |
| vegetable stock<br>pot        | 1 packet        | 2 packets        |
| Cheddar cheese                | 1 medium packet | 1 large packet   |
| Parmesan cheese               | 1 large packet  | 2 large packets  |
| truffle oil                   | drizzle         | drizzle          |
| chilli flakes ∮<br>(optional) | pinch           | pinch            |

<sup>\*</sup>Pantry Items

#### **Nutrition**

| Avg Qty           | Per Serving     | Per 100g              |
|-------------------|-----------------|-----------------------|
| Energy (kJ)       | 3592kJ (859cal) | <b>492kJ</b> (118cal) |
| Protein (g)       | 26.7g           | 3.7g                  |
| Fat, total (g)    | 49.9g           | 6.8g                  |
| - saturated (g)   | 27.6g           | 3.8g                  |
| Carbohydrate (g)  | 73.5g           | 10.1g                 |
| - sugars (g)      | 10.9g           | 1.5g                  |
| Sodium (mg)       | 1303mg          | 178.6mg               |
| Dietary Fibre (g) | 8.4g            | 1.2g                  |
|                   |                 |                       |

The quantities provided above are averages only.

### **Allergens**

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



### Cook the pasta

- · Boil the kettle.
- Trim green beans, then cut into thirds.
- Half-fill a large saucepan with water, add a generous pinch of salt, then bring to the boil over high heat. Cook penne in the boiling water until 'al dente', 12 minutes.

**TIP:** 'Al dente' pasta is cooked through but still slightly firm in the centre.



## Bring it all together

- Meanwhile, heat a large frying pan over medium-low heat with the butter
  and a drizzle of olive oil. Cook garlic paste until fragrant, 1 minute. Add
  light cooking cream, Dijon mustard, vegetable stock pot and reserved
  pasta water. Cook, stirring, until slightly reduced, 2 minutes.
- Add Cheddar cheese and Parmesan cheese, stirring, until combined,
   30 seconds. Remove from heat. Stir veggies and pasta through the sauce, until combined. Season to taste with salt and pepper.



# Cook the veggies

- When pasta has 5 minutes remaining, place a colander (or steamer basket) on top of the saucepan. Add green beans to colander, then cover with a lid and steam until tender, 4-5 minutes.
- Reserve some pasta water (¼ cup for 2 people / ½ cup for 4 people). Add baby spinach leaves to colander. Drain pasta over veggies. Set aside.

**TIP:** Draining the pasta over the veggies is an easy way to wilt the spinach!



## Serve up

- Stir a drizzle of **truffle oil** (if using) through pasta.
- Divide truffle 'mac' and cheese between bowls.
- Garnish with a pinch of **chilli flakes** (if using) to serve. Enjoy!

**TIP:** Truffle oil has a strong flavour, so add less or leave it out if desired!



