



Gluten-Free Mac & Cheese

with Scallions, Carrots & Peppers



ca. 20min



2 Servings

Red lentil penne pasta, made from gluten-free lentil flour, lends the familiar pasta flavor and texture, but with a serious protein boost. The pasta is tossed in a creamy sauce that is full of sharp cheddar and mascarpone flavor with roasted red peppers and carrots. Whether you're a mac and cheese enthusiast or adhere to a gluten-free diet, this cheesy mac checks all the boxes. Cook, relax, and...

What we send

- red lentil penne pasta
- scallions
- roasted red pepper
- carrots
- garlic

What you need

- kosher salt & ground pepper
- olive oil

Tools

- box grater
- colander

Read through the whole recipe before you start. Rinse and dry all produce before using. Weights may vary slightly.

For recipes containing garlic, you'll find one head of garlic in your box.

We recommend you use coarse kosher salt stored in a container that allows you to grab it with your fingertips, or scoop with measuring spoon.

Allergens

May contain traces of allergenic ingredients. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 790.0kcal, Fat 39.0g, Proteins 33.0g, Carbs 74.0g



1. Prep ingredients

Bring a medium pot of **salted water** to a boil. Peel and finely chop **1 teaspoon garlic**. Trim ends from **carrots**, then thinly slice. Trim ends from **scallions**, then thinly slice. Pat **roasted red peppers** dry, then finely chop. Coarsely grate **cheddar** on the large holes of a box grater.



4. Make sauce

Add **mascarpone** to pot. Stir in **reserved pasta water**. Bring **sauce** to a simmer.



2. Cook pasta

Add **pasta** to boiling water and cook until al dente, about 13 minutes. Reserve **½ cup pasta water**, then drain pasta, rinse with cool water, then drain well again. Return pot to stovetop.



5. Add cheddar & pasta

Add **grated cheddar** to **sauce**, stirring until nearly melted. Gently fold in **pasta** until coated in sauce. Remove from heat. Season to taste with **salt** and **pepper**.



3. Sauté aromatics

Heat **1 tablespoon oil** in the same pot over medium-high. Add **carrots, garlic, and half of the scallions**. Season with **¼ teaspoon salt** and **a few grinds pepper**. Cook until carrots are crisp-tender, about 4 minutes. Add **red peppers** to pot and cook until warm, about 1 minute.



6. Serve

Spoon **mac and cheese** onto plates. Garnish with **remaining scallions**. Enjoy!