

MARLEY SPOON



Macaroni Cheese with Broccoli,

Cauliflower and Peas



30-40min



2 Portions

Some things are just made to go with cheese, such as pasta, broccoli and cauliflower. Here, we combine them all with peas and spinach also in the mix to increase the nutritional value of this comforting bake. With such an abundance of greens, the extra-rich béchamel sauce with parmesan and sharp cheddar seems well justified.

What we send

- macaroni ¹
- baby spinach leaves
- broccoli, cauliflower and 1 garlic clove
- parmesan ⁷
- green peas
- mature cheddar cheese ⁷
- vegetable stock cubes

What you'll require

- butter ⁷
- Dijon mustard ¹⁷
- milk ⁷
- plain flour ¹
- salt and pepper
- water

Utensils

- large saucepan
- medium saucepan

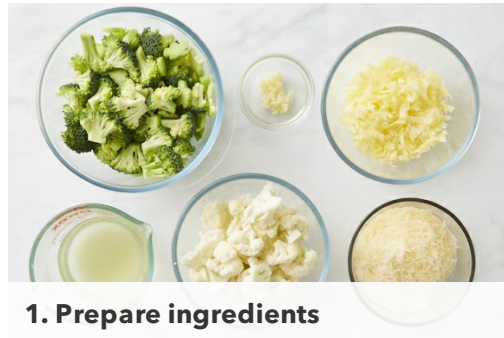
Our veggies come straight from the farm, so please wash them before cooking.

Allergens

Gluten (1), Milk (7), Sulphites (17).
May contain traces of other allergens.

Nutrition per serving

Energy 700.0kcal, Fat 24.4g, Proteins 34.1g, Carbs 76.2g



1. Prepare ingredients

Finely grate **half the parmesan** (keep the remainder for another use). Coarsely grate the **cheddar**. Cut the **broccoli** and **cauliflower** into small florets and chop the stems into 2cm pieces. Crumble **1 stock cube** (keep remainder for another use) in a heatproof jug, add the **boiling water** and stir to combine. Finely grate or crush the **garlic**.



2. Start béchamel

Bring a large saucepan of salted water to the boil for the macaroni. Melt **butter** with the **garlic** in a medium saucepan over medium heat. Add the **flour** and stir constantly for 1-2 mins until mixture bubbles. Remove pan from the heat.



3. Finish béchamel

Gradually whisk in the **milk**, stirring constantly to prevent lumps forming. Return the pan to medium heat and gradually add the stock. Cook, stirring constantly, for 5 mins or until mixture thickens. Remove from heat, then stir in the **parmesan** and **three-quarters of the cheddar** until smooth. Add the **mustard**, season with **salt and pepper**, and stir to combine.



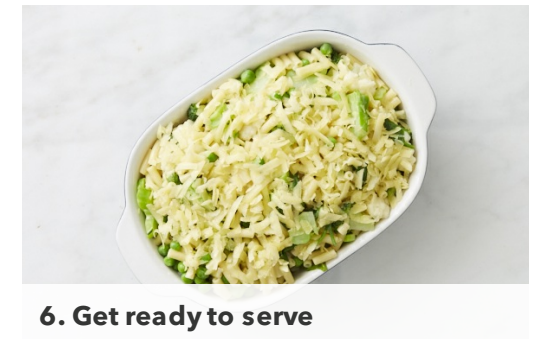
4. Cook pasta

While the béchamel is cooking, preheat the grill to high. Cook the **macaroni** in the pan of boiling salted water for 3 mins, then add the **broccoli** and **cauliflower**, and cook for a further 3 mins or until pasta is almost al dente and vegetables are almost tender.



5. Add béchamel to pasta

Stir in the **peas** and **spinach**, then drain in a colander and return the mixture to the pan. Stir in the béchamel and season with **salt and pepper**. Transfer to a 1L baking dish.



6. Get ready to serve

Scatter over the **remaining cheddar**. Place the dish under the grill and cook for 3-5 mins until golden and bubbling. Serve.