



Stovetop Mac & Cheese

with Spinach, Peas and Fried Shallots



20-30min



2 Servings

The good news is—you're gonna want to eat this mac & cheese every night thanks to the sharp cheddar cheese sauce and crispy fried shallots. The better news is—the spinach, peas, and gluten-free red lentil penne make this a mac & cheese that you CAN eat every night. A decadent dish that's loaded with veggies and protein-rich pasta? Sounds pretty good to us. Cook, relax, and enjoy!

What we send

- peas
- baby spinach
- shallot
- red lentil penne
- garlic
- dijon mustard ¹⁷

What you need

- coarse kosher salt
- freshly ground pepper
- olive oil

Tools

- box grater
- colander
- medium skillet

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

Sulphites (17). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 788kcal, Fat 35g, Carbs 86g, Proteins 34g



1. Boil pasta

Bring a medium saucepan of **salted water** to a boil. Add **pasta** and cook, stirring occasionally, 7 minutes. Stir in **peas** and cook 1 minute more. Reserve **½ cup pasta water**, then drain. Wipe out saucepan and reserve for step 4.



4. Make sauce

In reserved saucepan, heat **1 teaspoon oil** over medium. Add **chopped garlic** and cook until fragrant, about 30 seconds. Add **reserved pasta water**, **cream cheese**, and **¼ teaspoon each salt and pepper**. Using a whisk, incorporate cream cheese into water, and simmer until slightly thickened, 2-3 minutes.



2. Prep ingredients

Meanwhile, trim ends from **shallot**, then peel and thinly slice into rings. Roughly chop **spinach**. Coarsely grate **cheddar cheese**. Peel and finely chop **2 large cloves garlic**.



5. Fold in pasta

Reduce heat to low and whisk in **mustard**. Add **grated cheese** in handfuls, whisking to melt. Add **spinach** and stir until slightly wilted, about 1 minute. Fold in **pasta** and **peas**. Stir to combine and season to taste with **salt and pepper**.



3. Fry shallots

Heat **¼ cup oil** in a medium skillet until shimmering. Add **shallots** and cook, stirring frequently, until golden and crisp, 3-4 minutes. Using a slotted spoon, transfer shallots to a paper towel-lined plate and sprinkle with **salt**.



6. Serve

Spoon **pasta** into bowls and top with **fried shallots**. Enjoy!