



Sausage Mac and Cheese

with Panko Crunch



20-30min



2 Portions

It's hard to improve on the classic, but this take on mac and cheese with pork sausages and shell pasta is a contender. Here, a homemade bechamel receives a flavour kick from wholegrain mustard and mature English cheddar. We've also added baby spinach for a dose of greens and topped it with crunchy breadcrumbs for a family-friendly sensation.

What we send

- chicken-style stock cubes
- baby spinach leaves
- panko breadcrumbs ¹
- macaroni ¹
- Italian pork sausage ¹⁷
- mature cheddar ⁷

What you'll require

- boiling water
- butter ⁷
- milk ⁷
- plain flour ¹
- sea salt and pepper
- wholegrain mustard ¹⁷

Utensils

- large frypan
- large saucepan

Our vegies come fresh from the farm, so please wash them before use.

Allergens

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

Nutrition per serving

Energy 1130kcal, Fat 59.5g, Carbs 94.0g, Proteins 50.2g



1. Prepare ingredients

Bring a large saucepan of salted water to the boil for the pasta. Coarsely grate the **cheese**. Crumble **1 stock cube** (the remaining stock cube won't be used in this dish) into a heatproof jug, add **200ml boiling water** and stir to combine.



2. Cook sausages

Meanwhile, split the ends of the **sausages** and squeeze out the meat in small chunks into a large frypan. Cook the sausages over medium heat for 2-3 mins until light golden. Remove the sausages and reserve the pan (do not clean).



3. Cook pasta

Cook the **pasta** in the pan of boiling water for 8 mins or until al dente. Put the **spinach** in a colander and drain the pasta over the spinach. Return the pasta and spinach to the pan and set aside.



4. Start bechamel sauce

Meanwhile, melt **20g butter** in the reserved frypan over medium heat. Stir in **1 tbs plain flour**, then reduce heat to low and cook, stirring regularly, for 1-2 mins to cook the flour. Increase the heat to medium. Whisking continuously, slowly pour in **100ml milk**. Slowly pour in the **stock** and cook, whisking, for 3-4 mins until the sauce is smooth.



5. Finish bechamel sauce

Season the sauce with **salt and pepper**, stir in the **cheese** and **1 tsp wholegrain mustard** and cook for 1-2 mins until melted. Add the **bechamel sauce** and **sausages** to the **pasta and spinach** and stir to combine.



6. Add breadcrumbs and bake

Heat the grill to high. Transfer the **pasta mixture** to a 1L (4 cup) baking dish and scatter over the **breadcrumbs**. Grill for 4-6 mins until golden. Divide the **sausage mac and cheese** among bowls to serve.