



## Sausage Mac and Cheese

with Panko Crunch



20-30min



4 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

- macaroni <sup>1</sup>
- chicken-style stock cube
- mature cheddar cheese <sup>7</sup>
- Italian pork sausage <sup>17</sup>
- baby spinach leaves
- panko breadcrumbs <sup>1</sup>

## What you'll require

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

## 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 1120kcal, Fat 59.4g, Carbs 93.1g, Proteins 49.5g



### 1. Prepare ingredients

Bring a large saucepan of salted water to the boil for the pasta. Coarsely grate the **cheese**. Crumble **the stock cubes** into a heatproof jug, add **400ml boiling water** and stir to combine.



### 2. Cook sausages

Meanwhile, split the end 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 **40g butter** in the reserved frypan over medium heat. Stir in **2 tbs plain flour**, then reduce the 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 **200ml 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 **2 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 2L (8 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.