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WK32
2016

American Mac & Cheese with a Parmesan Topping

Popeye the Sailor Man used to swear by spinach, but we think broccoli is the ultimate superfood to have in this cheesy American dream. A superfood for a Superpower's national dish which will make you feel super too. Sounds good to us!



Prep: 15 mins

Cook: 30 mins

Total: 45 mins



level 2



nut free



helping hands

Pantry Items



Olive Oil



Butter



Plain Flour



Milk



Dijon Mustard



Macaroni



Broccoli



Brown Onion



Garlic



Middle Bacon



Zucchini



Cheddar Cheese



Parsley



Fine Breadcrumbs



Parmesan Cheese

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QTY	Ingredients	
¾ packet	macaroni	
1 head	broccoli, chopped into 2 cm florets	
2 tsp	olive oil *	
1	brown onion, thinly sliced	
2 cloves	garlic, peeled & crushed	⊕
1 packet	middle bacon, rind removed & sliced into 1 cm pieces	
1	zucchini, grated	
1 ½ tbs	butter *	
3 tbs	plain flour *	
3 cups	milk *	
1 tbs	Dijon mustard *	
1 block	Cheddar cheese, grated	
1 bunch	parsley, leaves picked & finely chopped	
¼ cup	fine breadcrumbs (recommended amount)	
1 block	Parmesan cheese, grated	

⊕ Ingredient features in another recipe

* Pantry Items

🌿 Pre-preparation

Nutrition per serve

Energy	3730	Kj
Protein	45.4	g
Fat, total	34.3	g
-saturated	16.4	g
Carbohydrate	95.4	g
-sugars	16.7	g
Sodium	1220	mg



You will need: chef's knife, chopping board, garlic crusher, box grater, large pot, colander, medium frying pan, paper towel, whisk, wooden spoon, medium greased baking dish, small bowl.

1 Preheat the oven to **200°C/180°C fan-forced**. Bring a large pot of salted water to the boil.

2 Place the **macaroni** in the boiling water and cook for **10 minutes**, or until 'al dente'. Add the **broccoli** in the last **3 minutes** of the macaroni cooking time. Drain the pasta and broccoli and return to the pot.



3 Meanwhile, heat the **olive oil** in a medium frying pan over a medium-high heat. Cook the **brown onion** for **3-4 minutes**, or until softened. Add the **garlic** and **middle bacon** and continue cooking for a further **5 minutes**, or until the bacon is slightly crispy. Stir through the grated **zucchini** and cook for **1 minute**, or until softened. Transfer the mixture to the pot with the macaroni.



4 Wipe out the frying pan with paper towel and then melt the **butter** over a medium-high heat. Add the **plain flour** and cook, stirring, for **1-2 minutes**, or until the mixture comes together. Gradually stir in the **milk**, whisking constantly, until smooth. Bring the mixture to the boil and then reduce to a simmer for **2-3 minutes**, or until it thickens enough to coat the back of a wooden spoon. Stir through the **Dijon mustard** and half the grated **Cheddar cheese**. Season to taste with **salt** and **pepper** and then add to the macaroni and bacon mixture. Stir to combine. Transfer the macaroni mixture to the baking dish.



5 In a small bowl combine the remaining **Cheddar cheese**, **parsley**, **fine breadcrumbs** and **Parmesan cheese**. Season with salt and pepper. Scatter the cheesy crumb over the macaroni. Bake in the oven for **15 minutes**, or until the cheese is golden and melted.

6 To serve, divide the macaroni cheese between plates. Enjoy!