



Recipe name:

Red piquanté pepper mac 'n' cheese

Recipe description:

Everybody loves mac 'n' cheese, even kids, so creating a cheesy pasta dish with some healthier, hidden veg in there.

The ultimate comfort food with a twist. This kid-friendly dish isn't just deliciously cheesy but also sneakily includes wholesome veggies for added nutrition. The star ingredient, PEPPADEW® Red Piquanté Peppers, brings a delightful burst of flavour to this family-favourite dinner.

Created by

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Prep Time

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Cook Time

35 minutes

Serves:

5

Made with:

PEPPADEW® Sweet Piquanté Peppers

Course:

Dinner

Occasion:

Family Recipes / Dinner Party

Ingredients:

- 200g PEPPADEW ® Red Piquanté Peppers
- 150g cherry tomatoes
- 1 medium white onion
- 500g dry pasta
- 100g extra mature Cheddar
- 80g coloured Cheddar
- 80g mozzarella & cheddar grated mix
- 250ml semi skimmed milk
- 2 tbsp flour
- 20g butter
- 1 tbsp tomato purée
- 2 tsp chopped garlic

Seasoning:

- 1tbsp mixed herbs
- 1tbsp paprika
- 1tsp chilli flakes
- Salt & black pepper to taste
- Parsley to garnish

Method:

1. Dice the onion and pan fry for a few minutes.
2. Add the chopped garlic to the onion.
3. Add the Red Piquanté Peppers, cherry tomatoes, and tomato puree.
4. Mix in the seasoning, mixed herbs, paprika, chilli flakes, salt and pepper.
5. Add the veggies to a blender with 100ml of water. Blend until smooth.
6. Add butter to a pan over a medium heat until it's melted.
7. Mix in the flour to form a paste, turn the heat down.
8. Gradually pour in the milk whilst continuously whisking to avoid lumps.
9. Gradually mix in the extra mature cheddar and coloured cheddar.
10. When the cheese has melted, pour the roasted red pepper sauce in.
11. Season to taste then mix the cooked pasta in.
12. Add half of the pasta to an oven dish, top with mozzarella, then add the rest of the pasta.
13. Top with more mozzarella and bake in the oven for 10 minutes at 200.
14. Top with fresh parsley and enjoy!

Macros

Calories: 535

Protein: 16g

Fat: 17g

Carbs: 74g