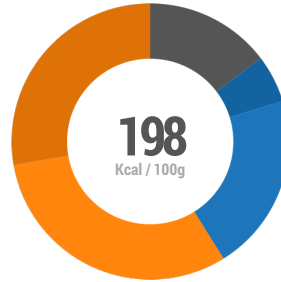


Spicy Kale Macaroni Cheese

Spicy cheese macaroni with kale and a tangy rarebit topping. Served with broccoli and sundried tomatoes

By Mark Irish from Brakes

Overview ...



CALORIES:

26.4% Carbs

14.7% Protein

58.9% Fat

Food Labelling...

Serves **1**

CONTAINS:



WHEAT



EGGS



MILK



MUSTARD

OTHER PROPERTIES:



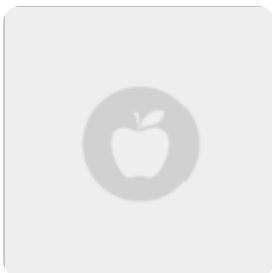
VEGETARIAN

Recipe Ingredients ...

	Quantity:	Description:
112407 Brakes Spicy Macaroni Cheese - BRAKES	200g	0.5x Each
74903 Brakes Hot Mustard Rarebit Topper - BRAKES	60g	
10729 Sundried Tomatoes in Vegetable Oil - BRAKES	20g	
135538 James Brown & Co Panko Breadcrumbs - BRAKES	5g	
455914 Curly Kale - BRAKES	20g	
113881 Herb Bunched Flat Leaf Parsley - BRAKES	2g	
114207 Tenderstem Broccoli ® - BRAKES	80g	

Products / Pack Sizes ...

1 Serving



Product code

Barcode

354g / 714kcal

1

Preparation:

Defrost the macaroni cheese

Drain & roughly chop the sundried tomatoes - reserve some of the oil

Wash & remove stalk from the kale

Roughly chop the parsley

Method:

1. Heat macaroni as per packaging cooking guidelines
2. Bring a pan of water to the boil and cook the broccoli for approx. 2-3 mins, remove, drain and keep warm
3. Add the kale to the boiling water, cook for 2-3 mins, drain and keep warm
4. Mix the kale through the macaroni and place into a heat proof dish
5. Top with the rarebit topper and breadcrumbs, and brown under the grill
6. Transfer the mac & cheese dish onto a serving plate
7. Mix the sundried tomatoes with the parsley and scatter around the mac & cheese
8. Arrange the broccoli next to the mac & cheese
9. Drizzle some of the oil from the tomatoes over the broccoli - serve!