



JERNEJ KITCHEN

HIDDEN VEGGIE MAC AND CHEESE

Hidden Veggie Mac and Cheese is a simple vegetarian recipe that both kids and adults will love. Creamy Mac and Cheese filled with veggies and creaminess.

SERVES	4	PEOPLE
PREPARATION:	10	MINUTES
COOK:	20	MINUTES
TOTAL TIME:	30	MINUTES

HIDDEN VEGGIE MAC AND CHEESE

1/2 zucchini

6 broccoli florets

1 carrot

2 tbsp unsalted butter

2 tbsp all-purpose flour

1/2 tsp garlic powder

375 ml (1 1/2 cup) milk

250 g (1/2 pound) dried pasta

60 g (1 cup) shredded Cheddar cheese

60 g (1 cup) shredded Gouda cheese

70g (1/2 cup) hazelnuts

TOOLS AND EQUIPEMENT

baking sheet (optional)

grater

bowl

saucepan

whisk

immersion blender

OPTIONAL (FOR SERVING)

Position a rack in the middle of the oven and preheat it to 200 °C / 390 °F. Arrange the hazelnuts over a baking sheet and place them into the oven to roast for 8 - 10 minutes. Wrap warm hazelnuts in a kitchen towel and rub nuts in the towel to remove loose skins. Roughly chop it.

MAKE THE SAUCE

Clean the vegetables and peel them if needed. Grate the zucchini, broccoli, and carrots into a small bowl. Place a saucepan with butter, flour, and garlic powder over low heat. Using a whisk, combine and cook for 5 minutes, or until the butter melts and the flour becomes beige. While continuously whisking, pour milk into the mixture to get a smooth sauce. Add the grated vegetables and cook for 10 minutes.

COOK THE PASTA

Place a pot with salted boiling water over medium-high heat. Add your favorite pasta and cook according to the package instructions. Reserve 1/4 cup (60ml) of pasta cooking water before draining the pasta.

FINISH THE SAUCE

Remove the veggies mixture from the stove and blend slightly using an immersion blender. Add both of the grated cheeses. Stir well with a whisk for the cheese to melt and to get a smooth sauce. Season with salt and pepper to taste. Pour the cheese mixture over the drained pasta and stir well. If needed, add some reserved pasta water to create a more luscious pasta.

SERVE

Divide the Veggie Mac and Cheese between four pasta plates or bowls. Optionally serve with chopped roasted hazelnuts.