



## 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 Sponsored

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.