

VEGAN
MAC & 'CHEESE'



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SERVINGS 4 - 6
TIME 40 min*
GF

INGREDIENTS

4 cups (400 g) shell pasta, dry
(gluten-free if desired)

2 Tbsp (30 mL) olive oil
3 cloves garlic, crushed
¼ cup (30 g) all-purpose plain flour

3 cups (750 mL) unsweetened
plant-based milk**

3 yellow potatoes, peeled, cubed
2 sweet potatoes, peeled, cubed
½ cup (65 g) raw cashews, soaked
overnight***

3 Tbsp (25 g) nutritional yeast
1 lemon, juiced
1 Tbsp (15 mL) sodium-reduced
soy sauce
1 Tbsp (4 g) dried rosemary
2 tsp (10 mL) dijon mustard
1 tsp (4 g) salt
Pepper to taste

1 head of broccoli, cut into florets

Quick Garlic Bread Crumbs

½ cup (45 g) bread crumbs
2 tsp (10 mL) olive oil
2 cloves garlic, crushed

Optional toppings

Sriracha hot sauce
Fresh parsley

DIRECTIONS

1. Cook pasta in salted boiling water, until al dente. Set aside to add when the sauce is ready.
2. While the pasta is cooking, steam the sweet potatoes and potatoes until fork tender. This will take about 15 minutes.
3. Meanwhile, add the olive oil and garlic to large pot on medium heat until lightly golden, about 1 minute.
4. Then add the flour and stir in to form a paste. Mash and stir the paste for about 1 minute, or until golden, stirring constantly to avoid burning. In a slow and steady stream, add the plant-milk, stirring throughout.
5. Then add the remaining ingredients: steamed potatoes, cashews, nutritional yeast, lemon juice, soy sauce, rosemary, mustard and salt. Using an immersion blender, blend until it achieves a creamy consistency; or transfer to a blender and blend, then return to the pot.
6. Add this point, add in the broccoli florets and cook in the cheese sauce for 2-3 minutes.
7. Add the macaroni and to the sauce, and mix to coat. Your cozy mac & 'cheese' is ready!
8. **Optional topping - bread crumbs:** frying pan heat the oil in a small on medium heat, and add the garlic to the pan. Cook for 1-2 minutes, until golden, and then add the bread crumbs. Stir constantly for another 1-2 minutes, until the bread crumbs are crunchy. Remove from heat and sprinkle over your mac & 'cheese'.

NOTES

- *Not including soaking time.
- ****Nutrition tip:** try to use a plant-based milk and yogurt that are fortified with calcium (offers approximately 120 mg calcium per 100 mL serving).
- *****Speed-it-up:** if you forgot to soak the cashews overnight, let it soak in boiled water for 10 minutes, then drain. Cook the potatoes ahead of time to speed this meal up!
- **Variations:** use frozen peas instead of broccoli.
- **Storage:** store in an air-tight container in the fridge for up to three days.