



MAC 'N' CHEESE

Ingredients (2-3 servings):

- 250 gr of cooked pasta

For the cheese sauce:

- 100 gr of potatoes
- 30 gr of carrots • 50 ml water
- 2 slices of GreenVie Smoked flavour
- a pinch of salt • a pinch of black pepper
- a pinch of garlic powder

For the "parmesani" crust:

- pumpkin seeds • salt, pepper
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instructions

Cook the pasta, following the instructions on the package and rinse.

Meanwhile, cut the carrots and potatoes into small chunks and cook them in boiling water for about 20-30 minutes until they are all soft.

Place them in the blender with the "cheese" and water, and blitz until smooth (about 1 minute).

For the crust - blitz the pumpkin seeds in the blender with some salt and black pepper.

Now, in a baking tray, add the pasta, the cheese sauce and mix nicely so it's all coated.

Sprinkle with the **pumpkin crust** and bake in the oven, set to 180⁰ Celsius, for about 10 minutes, until a golden crust forms.



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