



Plant Based
RECIPES

Fried Mac and
Cheese with
*Mozzarella and
Cheddar*



You will need

For the mac and cheese:

220g elbow macaroni

30g margarine

18g flour

280ml soy milk

Salt

Freshly ground black pepper

Paprika

Garlic powder

Bacon-flavored TVP (optional)

230g grated mozzarella-style vegan cheese

230g grated cheddar-style vegan cheese

For breading:

Flour

Soy milk

Panko breadcrumbs

Sunflower oil (for frying)



Method

1. In a pot, bring water to a boil and cook the pasta according to the package instructions. Once cooked, drain and cool the pasta.
2. In a separate saucepan, melt the margarine. Once melted, add the flour to make a roux. Gradually add the soy milk while whisking continuously until you have a smooth and velvety mornaysauce.
3. Add the spices (salt, pepper, paprika, garlic powder) and then stir in the grated mozzarella and cheddar-style cheeses. Once all the cheese has melted, add the cooked pasta and mix everything together until well combined. At this stage, you may also stir in the bacon-flavored TVP if using.
4. Transfer the mac and cheese mixture into a baking dish or tray. Press it down evenly and place a piece of plastic wrap directly on the surface to prevent a skin from forming. Refrigerate until completely chilled and firm.
5. Once chilled, remove from the dish and cut into pieces of your desired size.
6. Bread each piece by coating it first in flour, then dipping it in soy milk, and finally coating it with panko breadcrumbs.
7. Fry in hot sunflower oil until golden and crispy.
8. Remove and place on paper towels to drain excess oil. Serve hot.



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