



## SALTBUSH ECO STORE

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# Pumpkin Mac n Cheese

Vegetables? - Check!  
Kid friendly? - Check!  
Vegan? - Check!  
Can be made Gluten Free? - Check!

Who doesn't love a bowl of Macaroni and cheese when the weather cools? This recipe pleases little tastebuds whilst containing all of the good stuff. To make gluten free, substitute the Macaroni for your favourite GF pasta and the Panko crumbs for a GF option.

Make the sauce ahead and freeze if you wish. Re-heat gently and stir well to avoid sauce splitting.

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### INGREDIENTS

#### SAUCE:

1/2 Butternut Pumpkin, cubed  
1/2 Leek, chopped and washed  
1/4 cup Olive oil  
2 tbl Tapioca flour  
1/2 cup Vegetable stock  
1/2 cup Milk (of choice)  
3 tbl heaped Nutritional yeast flakes  
Salt and Pepper

2 cups Macaroni Pasta

#### TOPPING (Optional):

1/4 cup Nutritional yeast flakes  
1 cup Panko breadcrumbs  
2 tbl Olive oil  
1/2 tsp Garlic Powder  
1/4 tsp Paprika

### METHOD

Put on a generous pot of water for the pasta. Turn on the oven to 180deg.

Heat Olive oil in a pan and lightly saute the leek and pumpkin until soft. Add flour and cook for 2 minutes, stirring, then add stock, milk and remaining sauce ingredients, mixing well. Pour sauce into a blender and blend well until the vegetables have blended into a smooth sauce or alternatively use a stick blender in the pan. Pop sauce back onto the stove and thicken with arrowroot if necessary.

Cook pasta and add to sauce, mixing thoroughly.

To make crunchy topping combine all ingredients and massage the oil into the breadcrumbs gently with your hands, add more Olive oil if too dry. Pop pasta and sauce into an oven proof dish, sprinkle over the topping and bake on high for 10 minutes until crust is formed. Serve immediately.





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