



BAKED MAC & CHEESE WITH LEMONY SHREDDED KALE SALAD

SERVES 2 OR 4

TIME: 35 MIN

CALORIES: 1510/SERVING



Super creamy vegan mac and cheese with crispy breadcrumbs on top is the ultimate comfort food. The super lemony kale salad adds the perfect brightness to the meal and helps balance out the nourishing decadence of the mac and cheese.

WHAT YOU'LL NEED

- Large pot
- Medium pot
- Pan
- Oven safe dish



WHAT'S INSIDE

2 servings 4 servings

Macaroni	200 g	400 g
Almond milk	1 cup	2 cups
Dry mix	2 tbsp	4 tbsp
Vegan cheddar	1/2 cup	1 cup
Bread crumbs	1/3 cup	2/3 cup
Vegan butter	1/4 cup	1/2 cup
Kale	1/4 bunch	1/2 bunch
Dressing	3 tbsp	6 tbsp

Nutrition Facts Valeur nutritive

Per (727 g)
Enter French Serving on Recipe Edit Page
(727 g)

Calories 1510		% Daily Value*
Fat / Lipides	% Daily Value*	% valeur quotidienne*
71 g	95 %	
Saturated / saturés 22 g		
+ Trans / trans 0 g	110 %	
Carbohydrate / Glucides 178 g		
Fibre / Fibres 17 g	61 %	
Sugars / Sucres 10 g	10 %	
Protein / Protéines 45 g		
Cholesterol / Cholestérol 0 mg	0 %	
Sodium 2060 mg	90 %	
Potassium 1250 mg	27 %	
Calcium 1100 mg	85 %	
Iron / Fer 7 mg	39 %	

*5% or less is a little 15% or more is a lot
*5% ou moins c'est peu 15% ou plus c'est beaucoup

OUR PRODUCE IS FRESH SO PLEASE WASH BEFORE USE!



Preheat your oven to 425°F. Bring a large pot of **water** to boil. Once boiling, add the **macaroni** and cook for 5-6 minutes, or until just slightly tender, then drain. (Pasta will continue to cook to al dente in the oven)



Add the **milk** to a medium pot over medium heat. Whisk in the **dry mixture** until completely incorporated. Let simmer for a few minutes to thicken, stirring often. Add in the **shredded vegan cheddar** and stir until melted and fully incorporated into a smooth, cheesy sauce.



Remove from heat and stir in the **cooked macaroni**, making sure every noodle is well coated. Pour into an oven safe dish.



In a pan over medium heat, melt the **vegan butter** then mix in the **bread crumbs**. Season with **salt** and **pepper** then sprinkle on top of the mac and cheese. Transfer to the oven and bake for 15-20 minutes until golden brown on top.



Meanwhile, shred or finely chop the **kale**, then massage the **dressing** into it using clean hands, until well coated and tender. Serve alongside the **baked mac and cheese**.



@crisperkits

crisperkits.ca