

# Stovetop Macaroni & Cheese

*with Spinach, Apple & Walnut Salad*

Quirky, corkscrew-shaped cavatappi pasta is the perfect match for mac and cheese. Its curlicue shape easily grabs ahold of our rich cheddar cheese sauce, which we're making with a signature spice blend that includes ground mustard, garlic powder and a pinch of nutmeg. We're garnishing it all with toasted breadcrumbs and even more cheese—nutty Parmesan. A gourmet spinach, apple and walnut salad tossed with a creamy lemon dressing rounds out this family favorite.

## Blue Apron Wine Pairings

Hungry Hollow Gewürztraminer, 2014

Scharf Farms Vineyard Pinot Gris, 2015



## Ingredients

¾ Pound Cavatappi Pasta  
6 Ounces Aged White Cheddar Cheese  
¾ Cup Milk  
4 Ounces Spinach  
1 Apple  
1 Lemon

## Knick Knacks

2 Tablespoons Crème Fraîche  
¼ Cup Grated Parmesan Cheese  
¼ Cup Panko Breadcrumbs  
¼ Cup Walnuts  
¼ Cup Macaroni & Cheese Spice Blend  
*(All-Purpose Flour, Ground Mustard, Garlic Powder & Ground Nutmeg)*

**Makes:** 4 servings | **Calories:** about 700 per serving

**Prep Time:** 10 minutes | **Cook Time:** 15–25 minutes





# Instructions

For cooking tips & tablet view, visit [blueapron.com/recipes/fp249](https://blueapron.com/recipes/fp249)

1



## Prepare the ingredients:

Wash and dry the fresh produce. Heat a medium pot of salted water to boiling on high. Grate the cheddar cheese. Quarter and deseed the lemon. Core the apple and cut into matchsticks; toss with the **juice of 1 lemon wedge** to prevent browning. Roughly chop the walnuts.

2



## Cook the pasta:

Add the **pasta** to the pot of boiling water. Cook 7 to 9 minutes, or until just shy of al dente (still slightly firm to the bite). Reserving **1 1/4 cups of the pasta cooking water**, drain thoroughly. Set aside in a warm place.

3



## Toast the breadcrumbs:

While the pasta cooks, in a large pot, heat 1 tablespoon of olive oil on medium-high until hot. Add the **breadcrumbs**; season with salt and pepper. Toast, stirring occasionally, 2 to 4 minutes, or until golden brown. Transfer to a plate. Wipe out the pot.

4



## Make the sauce & finish the pasta:

While the pasta continues to cook, in the pot used to toast the breadcrumbs, heat **2 tablespoons of olive oil** on medium until hot. Add the **spice blend** and cook, stirring constantly, 30 seconds to 1 minute, or until toasted and fragrant. Slowly whisk in the **milk** and **reserved pasta cooking water**; heat to boiling on high. Once boiling, reduce the heat to low and simmer, whisking frequently, 4 to 6 minutes, or until thickened. Add the **cheddar cheese**; season with salt and pepper. Cook, whisking occasionally, 1 to 2 minutes, or until thoroughly combined and smooth. Turn off the heat and stir in the **cooked pasta** until thoroughly coated; season with salt and pepper to taste. Transfer to a serving dish.

5



## Make the dressing:

While the sauce simmers, in a small bowl, combine the **crème fraîche** and the **juice of the remaining lemon wedges**; season with salt and pepper to taste. Slowly whisk in **1 tablespoon of olive oil** until well combined.

6



## Make the salad & serve your dish:

Just before serving, in a large bowl, combine the **spinach**, **apple** and **walnuts**; season with salt and pepper. Add enough of the **dressing** to coat the salad (you may have extra dressing). Toss to mix and season with salt and pepper to taste. Transfer to a serving dish. Garnish the **finished pasta** with the **Parmesan cheese** and **toasted breadcrumbs**. Serve with the **salad** on the side. Enjoy!