

Sunchoke & Egg Noodle Casserole

with Kale & Mornay Sauce

PREP TIME: 10 minutes

COOK TIME: 30-40 minutes

SERVINGS: 2

The secret to a crowd-pleasing casserole is its layers of complementary flavors. For tonight's cool-weather version, we're sautéing earthy kale with sunchoke, bringing out their sweetness and subtle nutty flavor. (Chefs, take note: sunchoke can naturally turn pink around the edges after being cut.) We're wrapping our vegetables and twisty egg noodles in a rich Mornay sauce—a traditional French sauce made by adding cheese and milk to a base of flour and butter.



BLUE APRON WINE PAIRING:

Wooldridge Creek White Wine, 2015

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Ingredients



6 oz
EGG NOODLES



3 oz
FONTINA CHEESE



4 oz
SUNCHOKES

Did You Know?
Sunchokes are actually the underground stems of a sunflower relative.



3/4 cup
WHOLE MILK



1 bunch
KALE

KNICK KNACKS:



3 Tbsp
ALL-PURPOSE
FLOUR



2 Tbsp
BUTTER



1
SHALLOT



1 Tbsp
CASSEROLE SPICE
BLEND



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1 Prepare the ingredients:

- Preheat the oven to 450°F.
- Heat a large pot of salted water to boiling on high.
- Wash and dry the fresh produce.
- Peel the sunchokes; quarter lengthwise, then thinly slice crosswise.
- Remove and discard the kale stems; roughly chop the leaves.
- Peel and thinly slice the shallot.
- Grate the cheese (discarding any rind).

2 Cook the noodles:

- Add the **noodles** to the pot of boiling water. Cook 5 to 7 minutes, or until al dente (still slightly firm to the bite).
- Reserving $\frac{1}{2}$ **cup of the noodle cooking water**, drain thoroughly; rinse under cold water for 30 seconds to 1 minute to stop the cooking process.
- Rinse and wipe out the pot.

3 Cook the vegetables:

- While the noodles cook, in a large, high-sided pan (or pot), heat a drizzle of olive oil on medium-high until hot.
- Add the **sunchokes** and season with salt and pepper. Cook, stirring frequently, 6 to 8 minutes, or until lightly browned and slightly softened.
- Add the **kale** and **shallot**; season with salt and pepper. Cook, stirring occasionally, 2 to 3 minutes, or until the kale is slightly wilted.
- Add $\frac{1}{3}$ **cup of water** and cook, stirring occasionally, 4 to 5 minutes, or until the kale has wilted and the water has cooked off. Turn off the heat. Season with salt and pepper to taste.

4 Make the Mornay sauce:

- While the vegetables cook, in the pot used to cook the noodles, heat the **butter** on medium-high until melted.
- Add the **spice blend** and **flour**. Cook, whisking constantly, 30 seconds to 1 minute, or until thoroughly combined.
- Slowly whisk in the **milk** and **reserved noodle cooking water**; cook, whisking constantly, 2 to 3 minutes, or until slightly thickened.
- Add the **cheese** and cook, whisking frequently, 1 to 2 minutes, or until thoroughly combined.
- Turn off the heat and season with salt and pepper to taste.

5 Assemble the casserole:

- Transfer the **cooked vegetables** and **cooked noodles** to the pot of **Mornay sauce**; stir to thoroughly combine. Season with salt and pepper to taste.
- Transfer the mixture to a baking dish.

6 Bake the casserole & plate your dish:

- Place the **casserole** in the oven and bake 10 to 12 minutes, or until golden brown and heated through.
- Remove from the oven and let stand for at least 2 minutes before serving.
- Divide the baked casserole between 2 dishes. Enjoy!