



Gluten-Free Mac & Cheese

with Scallions, Carrots & Peppers



ca. 20min



2 Servings

Red lentil penne pasta, made from gluten-free lentil flour, lends the familiar pasta flavor and texture, but with a serious protein boost. The pasta is tossed in a creamy sauce that is full of sharp cheddar and mascarpone flavor with roasted red peppers and carrots. Whether you're a mac and cheese enthusiast or adhere to a gluten-free diet, this cheesy mac checks all the boxes. Cook, relax, and...

What we send

- red lentil penne pasta
- scallions
- roasted red pepper
- carrots
- garlic
- 7
- 7

What you need

- kosher salt & ground pepper
- olive oil

Tools

- box grater
- colander

Allergens

Milk (7). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 790kcal, Fat 39g, Carbs 74g, Protein 33g



1. Prep ingredients

Bring a medium pot of **salted water** to a boil. Peel and finely chop **1 teaspoon garlic**. Trim ends from **carrots**, then thinly slice. Trim ends from **scallions**, then thinly slice. Pat **roasted red peppers** dry, then finely chop. Coarsely grate **cheddar** on the large holes of a box grater.



4. Make sauce

Add **mascarpone** to pot. Stir in **reserved pasta water**. Bring **sauce** to a simmer.



2. Cook pasta

Add **pasta** to boiling water and cook until al dente, about 13 minutes. Reserve **½ cup pasta water**, then drain pasta, rinse with cool water, then drain well again. Return pot to stovetop.



5. Add cheddar & pasta

Add **grated cheddar** to **sauce**, stirring until nearly melted. Gently fold in **pasta** until coated in sauce. Remove from heat. Season to taste with **salt** and **pepper**.



3. Sauté aromatics

Heat **1 tablespoon oil** in the same pot over medium-high. Add **carrots, garlic,** and **half of the scallions**. Season with **¼ teaspoon salt** and **a few grinds pepper**. Cook until carrots are crisp-tender, about 4 minutes. Add **red peppers** to pot and cook until warm, about 1 minute.



6. Serve

Spoon **mac and cheese** onto plates. Garnish with **remaining scallions**. Enjoy!