

OVERALL time: 40 mins

STOVETOP MEXICAN MAC & CHEESE

Made with a generous shake of our punchy Taco Spice, this scrumptious Stovetop Mexican Mac & Cheese with Salsa dish is sure to impress and lift your spirits when the lights are out. Dig in!

Metric

Number of servings : 4

ingredients

For the salsa

- 250 g ripe de-seeded tomatoes, diced
- 0.5 finely diced white onion
- 1 small bunch coriander, chopped
- 0.5 finely chopped jalapeno
- 1 juiced fresh lime
- 1 to taste Cape Herb & Spice Salt & Pepper

For the mac & cheese

- 120 g mature cheddar cheese, grated
- 1 diced red bell pepper
- 2 cobs corn cobs, kernals sliced off (or 1 cup frozen)
- 1 tin black beans, rinsed & drained)
- 1 bunch spring onions, sliced
- 0.5 thinly sliced jalapeno
- 2 Tbsp Cape Herb & Spice Taco Spice
- 350 g macaroni (or short pasta)
- 2 Tbsp butter
- 2 Tbsp flour
- 500 ml full cream milk
- 125 ml sour cream

THIS IS WHAT YOU WILL NEED TO DO

PREP TIME: 20 mins | COOKING TIME: 20 mins

For the salsa: Combine all the ingredients in a small bowl and season well with Cape Herb & Spice Salt and Pepper and stir everything together. Set aside in the fridge until serving.

For the mac and cheese: Heat a drizzle of olive oil in a large saucepan. Add the bell pepper, corn, black beans, spring onions and jalapeños and season with Cape Herb & Spice Taco Spice. Cook until the veg are just tender and set them aside.

Bring a large pot of salted water to a boil and cook the macaroni until very al dente and reserve one cup of pasta cooking water then drain. Then melt butter in a large pot or deep saucepan set over medium heat and whisk in the flour and cook for a minute until it smells like biscuits. Slowly start pouring in the milk, whisking as you pour to keep it smooth. Simmer gently for a few minutes until the sauce is silky smooth and thick. Season with Cape Herb & Spice Salt.

Switch off the heat and stir in the cheese and once the cheese has been fully incorporated add the cooked pasta and sour cream. Stir to combine.

Finally fold through the spicy veg & bean mixture. Add a splash of pasta water if you need to loosen the mac and cheese. Taste to adjust seasoning and sprinkle the Mexican mac and cheese with coriander. Serve in warm bowls with a generous scoop of the tomato salsa and enjoy!

Load shedding tip

This whole recipe can easily be load shedding friendly and made on the braai if you do not have a gas cooker. Use a cast iron pan and pot for all the cooking on a medium-low braai. For extra braai flavour, cook the corn directly on the braai and then cut off the cob.

Recipe concept, photography and video by Bianca Davies: @beeblegum on Instagram | <http://thesecretlifeofbee.co.za/>

<https://capeherb.co.za>

Metric

ingredients

For the salsa

- 250 g ripe de-seeded tomatoes, diced
- 0.5 finely diced white onion
- 1 small bunch coriander, chopped
- 0.5 finely chopped jalapeno
- 1 juiced fresh lime
- 1 to taste Cape Herb & Spice Salt & Pepper

For the mac & cheese

- 120 g mature cheddar cheese, grated
- 1 diced red bell pepper
- 2 cobs corn cobs, kernals sliced off (or 1 cup frozen)

- 1 tin black beans, rinsed & drained)
- 1 bunch spring onions, sliced
- 0.5 thinly sliced jalapeno
- 2 Tbsp Cape Herb & Spice Taco Spice
- 350 g macaroni (or short pasta)
- 2 Tbsp butter
- 2 Tbsp flour
- 500 ml full cream milk
- 125 ml sour cream

Number of servings : 4

THIS IS WHAT YOU WILL NEED TO DO

PREP TIME: 20 mins | COOKING TIME: 20 mins

For the salsa: Combine all the ingredients in a small bowl and season well with Cape Herb & Spice Salt and Pepper and stir everything together. Set aside in the fridge until serving.

For the mac and cheese: Heat a drizzle of olive oil in a large saucepan. Add the bell pepper, corn, black beans, spring onions and jalapeños and season with Cape Herb & Spice Taco Spice. Cook until the veg are just tender and set them aside.

Bring a large pot of salted water to a boil and cook the macaroni until very al dente and reserve one cup of pasta cooking water then drain. Then melt butter in a large pot or deep saucepan set over medium heat and whisk in the flour and cook for a minute until it smells like biscuits. Slowly start pouring in the milk, whisking as you pour to keep it smooth. Simmer gently for a few minutes until the sauce is silky smooth and thick. Season with Cape Herb & Spice Salt. Switch off the heat and stir in the cheese and once the cheese has been fully incorporated add the cooked pasta and sour cream. Stir to combine.

Finally fold through the spicy veg & bean mixture. Add a splash of pasta water if you need to loosen the mac and cheese. Taste to adjust seasoning and sprinkle the Mexican mac and cheese with coriander. Serve in warm bowls with a generous scoop of the tomato salsa and enjoy!

Load shedding tip

This whole recipe can easily be load shedding friendly and made on the braai if you do not have a gas cooker. Use a cast iron pan and pot for all the cooking on a medium-low braai. For extra braai flavour, cook the corn directly on the braai and then cut off the cob.

Recipe concept, photography and video by Bianca Davies: @beeblegum on Instagram | <http://thesecretlifeofbee.co.za/>

<https://capeherb.co.za>