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Mac n Tease

Serves 6

Ingredients:

- 1 large butternut squash (2½ to 3 pounds)
- 4 garlic cloves
- 3 TBSP olive oil
- 1½ cups cooked white beans (about 1 can)
- ¾ cup nutritional yeast flakes
- 1 tsp Dijon mustard
- ½ tsp fine grain sea salt
- 2 tsp paprika
- 1 tsp apple cider vinegar
- 2-3 cups plant-based milk, as needed
- 4 cups whole grain gluten-free macaroni (or your favourite pasta)

Sunflower Crumble Topping:

- 1 cup sunflower seeds
- 1 TBSP coconut oil
- 2 TBSP nutritional yeast flakes
- 1 tsp fine grain sea salt
- ¼ tsp garlic powder
- ¼ tsp ground paprika
- parsley for garnish, if desired

Preparation:

1. Preheat the oven to 400°. Peel and cube butternut squash, peel the garlic cloves, and place everything on a baking sheet with 1 TBSP olive oil and toss to coat. Bake in a preheated oven for about 15-20 minutes. When done the squash should be slightly blistered and tender.
2. While the squash is roasting, make the Sunflower Crumble Topping. In a large dry skillet over medium heat, toast the sunflower seeds, tossing often so that they do not burn, about 3-5 minutes. Remove from heat and transfer the seeds to a large plate to cool. Place them in a food processor with the remaining topping ingredients and pulse several times to combine and chop up some of the seeds. Season to taste. Set aside.
3. Transfer the roasted squash and garlic to a blender with the beans, nutritional yeast, Dijon mustard, sea salt, paprika, and apple cider vinegar. With the motor running, add the milk until the desired consistency is reached: you are looking for a very thick, yet pourable sauce. Add milk until the blend is smooth, creamy and just the right consistency.
4. Set a pot of water on to boil with plenty of salt. Cook pasta according to package directions. Drain, and return to the pot, drizzle with a little olive oil, toss to coat, and keep the lid on to retain the heat. 5. Pour sauce over the pasta in increments and keep stirring so that it folds into all of the nooks and crannies. You should be able to use up all of the sauce, but if you have any leftovers, serve them with the finished dish or store in the fridge for up to 3 days.
5. Turn down the oven temperature to 325°. Transfer the pasta to a casserole or baking dish. Sprinkle the top generously with the Sunflower Crumble Topping. Bake until warmed through and golden on top, about 20 minutes. Garnish with chopped parsley, if desired. Serve hot.



Food Fairy Note:

adapted from: My New Roots, site/2015/02/deluxe-butternut-macaroni-n-teasel