



GARDEN OF GOODNESS

MEAL KITS



4 to 6



12min



Difficulty

MAC & CHEESE

The Garden of Goodness' "Mac & Cheese" Meal Kit – a wholesome twist on classic comfort food! This innovative kit made from certified organic ingredients, delivers creamy, cheesy goodness while being gluten-free, dairy-free, refined sugar-free, oil-free, and free from preservatives and additives.

We've crafted a nutritious alternative that doesn't compromise on flavour, using only the finest organic ingredients. The kit includes everything for a basic dish, plus suggestions for add-ons and pantry staples to customize your meal. Enjoy guilt-free "Mac & Cheese" that's delicious, nutritious, and adaptable to your dietary preferences!

FAMILY FRIENDLY



FROM YOUR KIT



- 2x Mac and Cheese Sauce (cooked) 400g
- 1x Seasonal Green Veggie Pack (cooked) 350g
- 1x Gluten Free Multigrain Pasta (uncooked) 350g



FROM YOUR PANTRY



Salt & Pepper

Water

Olive Oil
(for dressing)



OPTIONAL ADDITIONS

- For extra protein, add your choice of protein to the side
- Sprinkle micro greens, sprouts or fresh herbs for added micronutrients



INSTRUCTIONS

STEP ONE



COOK YOUR PASTA

- Bring 2-4L of water to a rolling boil in a large pot.
- Optional: Add 1-2 tsp salt for flavour.
- Add pasta and stir immediately to prevent clumping.
- Boil uncovered for 8-12 minutes, stirring occasionally.
- Begin checking at 6 minutes for preferred firmness.
- Drain immediately. Do not rinse.
- (Optional: Add a drizzle of Olive Oil to cooked pasta).

STEP TWO



HEAT THE MAC & CHEESE SAUCE

Option A: Microwave

- Pierce or peel back film slightly.
- Heat on high for 2-3 minutes.
- Use caution – contents will be hot.

Option B: Stove Top

- Pour contents into a saucepan.
- Add a splash of water.
- Heat over medium heat for 5-6 minutes, stirring occasionally.
- Use caution – contents will be hot.

STEP THREE



HEAT THE SEASONAL GREEN VEGGIES

Option A: Microwave

- Pierce or peel back film slightly.
- Heat on high for 2-3 minutes.
- Use caution – contents will be hot.

Option B: Stove Top

- Add veggies to a pan with a splash of water.
- Heat over medium heat for 5-6 minutes, stirring occasionally.
- Use caution – contents will be hot.

STEP FOUR



COMBINE & SERVE

- In a large bowl or pan, mix the hot pasta with the warmed Mac & Cheese Sauce until well coated.
- Plate the hot cheezy pasta and top with Seasonal Green Veggies.

STEP FIVE

SHARE YOUR LOVE OF OUR MEAL KITS!

We want to hear from you! Snap a pic of your Meal Kit experience, upload to socials and tag us!

@wearegardenofgoodness



BY GARDEN OF GOODNESS



a New way to enjoy Gourmet!