

DINNER

Mac-n-Smoked Gouda with Cauliflower

11 September 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
25 min	10 min	15 min	4	\$5.78	1,333 kcal



You can never have too many main course recipes, so give Mac-n-Smoked Gouda with Cauliflower a try. This recipe makes 4 servings with 1333 calories, 70g of protein, and 67g of fat each. For \$5.78 per serving, this recipe covers 46% of your daily requirements of vitamins and minerals.

Ingredients

- ☐ 4 servings Freshly ground black pepper
- ☐ 1 pound elbow macaroni or cavatappi (corkscrew-shaped pasta)
- ☐ 1 cup chicken stock or broth
- ☐ 1 tablespoon Dijon mustard
- ☐ 3 cups shredded smoked Gouda
- ☐ 1 small onion, finely chopped
- ☐ 1 head cauliflower, cut into florets
- ☐ ½ teaspoon cayenne pepper
- ☐ 4 servings Coarse salt
- ☐ 3 tablespoons all-purpose flour
- ☐ 1 tablespoon extra-virgin olive oil
- ☐ 1 teaspoon paprika

☐ 2 tablespoons unsalted butter

☐ 3 cups whole milk

EQUIPMENT Whisk, Pot

Method

- 1 Watch how to make this recipe.
- 2 Bring a large pot of water to a boil.
- 3 Add salt to season the cooking water, then add the pasta. Cook for 5 minutes, then add the cauliflower and cook for 3 minutes more or until pasta is cooked al dente and the florets are just tender.
- 4 Drain well and return to the pot.
- 5 While the pasta cooks, heat a medium sauce pot over medium-low heat.
- 6 Add the extra-virgin olive oil and heat with the butter until it melts.
- 7 Add the onions and cook for 3 to 5 minutes to sweat them out and turn the juices sweet. Raise the heat a bit, then whisk in the flour, cayenne, and paprika.
- 8 Whisk together until the roux bubbles up, then cook for 1 minute more.
- 9 Whisk in the milk and stock and raise the heat a bit higher to bring the sauce to a quick boil. Once it bubbles, drop the heat back to a simmer and cook until the sauce thickens, 3 to 5 minutes.
- 10 Add the cheese to the thickened sauce and stir to melt it, a minute or so. Stir in the mustard and season the sauce with salt and pepper.
- 11 Pour over the cauliflower and cooked pasta and toss to combine. Adjust the seasonings, transfer to a large platter, and serve.

Nutrition per serving

1,333
KCAL

70 g
PROTEIN

67 g
FAT

113 g
CARBS

Saturated Fat	39.5 g · 247% of daily needs
Fibre	7.4 g · 30% of daily needs
Sugar	20.4 g · 23% of daily needs
Sodium	1,896 mg · 82% of daily needs
Cholesterol	241 mg · 80% of daily needs
Vitamin C	70.9 mg · 86% of daily needs

Adapted from Foodnetwork. Find this recipe, ratings and more ideas at whatsheate.com/mac-n-smoked-gouda-with-cauliflower-142100