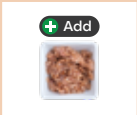




Hearty Tomato and Cauliflower Bolognese with Rigatoni and Parmesan

Veggie

30 Minutes



Mild Italian Sausage, uncased
250 g | 500 g

Customized Protein **+ Add** **↻ Swap** or ***2 Double**

If you chose to alter your protein, simply follow the **icons and specific instructions** on the back in the sidebar and you're set. You can also refer to your customized recipe online, [visit hellofresh.ca](http://www.hellofresh.ca)



Rigatoni
170 g | 340 g



Italian Seasoning
½ tbsp | 1 tbsp



Crushed Tomatoes
200 ml | 400 ml



Cauliflower
285 g | 570 g



Mirepoix
113 g | 227 g



Tomato Sauce Base
2 tbsp | 4 tbsp



Garlic, cloves
3 | 6



Parmesan Cheese, shredded
¼ cup | ½ cup



Vegetable Broth Concentrate
1 | 2



Baby Spinach
56 g | 113 g

Allergens Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Pantry items | Butter, salt, pepper, sugar

Cooking utensils | Large non-stick pan, large pot, measuring cups, measuring spoons, strainer

1



Cook rigatoni

- Before starting, add 10 cups water and 2 tsp salt to a large pot (use same for 4 ppl).
 - Cover and bring to a boil over high heat.
 - Wash and dry all produce.
- Once **water** is boiling, add **rigatoni**. Cook uncovered, stirring occasionally, until tender, 12-14 min.
- Reserve **¼ cup** (½ cup) **pasta water**, then drain and return **rigatoni** to the same pot, off heat.

2



Prep

- Meanwhile, peel, then mince or grate **garlic**.
- Roughly chop **spinach**.
- Finely chop **cauliflower**. (**TIP**: If you have a food processor, pulse cauliflower.)

3



Cook veggies

- + Add | **Mild Italian Sausage, uncased**
- Heat a large non-stick pan over medium heat.
- When hot, add **1 tbsp** (2 tbsp) **butter**, then **mirepoix, cauliflower** and **2 tbsp water**. Cook, stirring occasionally, until tender-crisp, 4-6 min. (**NOTE**: Don't overcrowd the pan; cook veggies in 2 batches if needed, using 1 tbsp butter and 2 tbsp water per batch.)
- Season with **salt** and **pepper**.

4



Cook sauce

- Add **tomato sauce base, 1 tsp** (2 tsp) **Italian Seasoning** and **garlic** to the pan. Cook, stirring constantly, until fragrant, 1 min.
- Add **crushed tomatoes, veggie broth concentrate, reserved pasta water** and **¼ tsp** (½ tsp) **sugar**. Cook, stirring occasionally, until slightly thickened, 3-4 min.

5



Finish sauce

- Add **veggie sauce, spinach** and **1 tbsp** (2 tbsp) **butter** to the pot with **drained rigatoni**. Stir to combine until **spinach** wilts, 1 min.
- Season with **salt** and **pepper**.

6



Finish and serve

- Divide **pasta** between bowls.
- Sprinkle over **Parmesan**.

Measurements
within steps

1 tbsp (2 tbsp) **oil**
2 person 4 person Ingredient

3 | Cook veggies and sausage

+ Add | **Mild Italian Sausage, uncased**

If you've opted to add **sausage**, when the pan is hot, add **sausage** along with **veggies**. Season with **salt** and **pepper**. Cook, breaking up **sausage** and stirring often until **veggies** have softened and **sausage** is cooked through, 4-6 min. ** Follow the rest of the recipe as written.