



# Cheesy Creamy Cauliflower Pasta

## with Baby Spinach

Spicy

Veggie

30 Minutes

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](https://www.hellofresh.ca)

+ Add



Chicken Breasts  
2 | 4

+ Add



Mild Italian Sausage, uncased  
250 g | 500 g



Rigatoni  
170 g | 340 g



Cauliflower  
285 g | 570 g



Baby Spinach  
56 g | 113 g



Yellow Onion  
½ | 1



Cheddar Cheese, shredded  
½ cup | 1 cup



Cream  
113 ml | 237 ml



Garlic Salt  
1 tsp | 2 tsp



Chili Flakes  
1 tsp | 2 tsp



All-Purpose Flour  
1 tbsp | 2 tbsp

**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** | Oil, milk, salt, pepper, unsalted butter

**Cooking utensils** | Baking sheet, colander, large non-stick pan, large pot, measuring cups, measuring spoons

1



## Prep

- Before starting, preheat the oven to 425°F.
- Wash and dry all produce.
- **Heat Guide for Step 6:**
  - Mild: ¼ tsp (½ tsp)
  - Medium: ½ tsp (1 tsp)
  - Spicy: 1 tsp (2 tsp)

- 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.
- Meanwhile, cut **cauliflower** into bite-sized pieces.
- Peel, then cut **half the onion** (whole onion for 4 ppl) into ¼-inch pieces.

4



## Make sauce

+ Add | **Mild Italian Sausage**

- Heat a large non-stick pan over medium heat.
- When hot, add **1 tbsp** (2 tbsp) **butter**, then **onions**. Cook, stirring often, until softened, 3-4 min.
- Sprinkle **flour** and **remaining garlic salt** over **onions**.
- Cook, stirring often, until **onions** are coated, 1 min.
- Add **cream** and **½ cup** (1 cup) **milk**, then bring to a boil.
- Once boiling, cook, stirring often, until **sauce** thickens, 1 min.
- Remove from heat, then add **spinach**. Stir until wilted, 1 min.

2



## Roast cauliflower

+ Add | **Chicken Breasts**

- Add **cauliflower** and **1 tbsp** (2 tbsp) **oil** to an unlined baking sheet.
- Season with **half the garlic salt** and **pepper**, then toss to coat.
- Roast in the **middle** of the oven until golden-brown, 14-16 min.

3



## Cook rigatoni

- Meanwhile, add **rigatoni** to the boiling water.
- Cook uncovered, stirring occasionally, until tender, 10-12 min.
- Reserve **½ cup** (1 cup) **pasta water**, then drain and return **rigatoni** to the same pot, off heat.

5



## Assemble pasta

- Add **cheese**, **sauce**, **half the reserved pasta water** and **cauliflower** to the pot with **rigatoni**.
- Stir until **cheese** melts, 1 min. (**TIP:** For a lighter sauce consistency, add more reserved pasta water, 1-2 tbsp at a time.)
- Season with **salt** and **pepper**, to taste.

6



## Finish and serve

+ Add | **Chicken Breasts**

- Divide **creamy cauliflower pasta** between bowls.
- Sprinkle **¼ tsp** (½ tsp) **chili flakes** over top. (**NOTE:** Reference heat guide.)

**Measurements within steps** | **1 tbsp** (2 tbsp) **oil**  
2 person 4 person Ingredient

If you ordered 6 servings, triple the amounts in the 2-serving recipe. You may need to cook in batches or larger cooking vessels. Remember: Larger batches may = longer cook times, so follow the visual and temperature cues.

## 2 | Roast cauliflower and chicken

+ Add | **Chicken Breasts**

If you've opted to add **chicken breasts**, pat dry with paper towels. Season with **salt** and **pepper**. Heat a large non-stick pan over medium-high heat. When hot, add **½ tbsp** (1 tbsp) **oil**, then **chicken**. (**NOTE:** Don't crowd the pan; cook chicken in 2 batches if needed.) Cook for 1-2 min per side, until golden. Transfer **chicken** to another unlined baking sheet. Roast in the **top** of the oven until **chicken** is cooked through, 12-14 min.\*\* Use the same pan to cook **sauce** in step 4.

## 4 | Cook sausage and make sauce

+ Add | **Mild Italian Sausage**

If you've opted to add **sausage**, when the pan is hot, add **1 tbsp** (2 tbsp) **butter**, then **sausage** and **onions** to the pan. Season with **salt** and **pepper**. Cook for 4-6 min, breaking up **sausage** and stirring often, until **onions** have softened and **sausage** is cooked through.\*\* Follow the rest of the recipe as written.

## 6 | Finish and serve

+ Add | **Chicken Breasts**

Thinly slice **chicken**. Top bowls with **chicken**.

\* Vacuum-pack guarantees maximum freshness but can lead to small colour changes and a stronger scent. Both will disappear 3 minutes after opening.

\*\* Cook to a minimum internal temperature of 74°C/165°F, as size may vary.