



Cheesy Creamy Cauliflower Pasta

with Baby Spinach

Veggie

Spicy

30 Minutes

+ Add



Chicken Breast
Tenders +
310 g | 620 g

Customized Protein

+ Add

Swap

or

x2 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)



Rigatoni
170 g | 340 g



Cauliflower
285 g | 570 g



Baby Spinach
56 g | 113 g



Yellow Onion
1 | 1



Cheddar Cheese,
shredded
½ cup | 1 cup



Cream
113 ml | 237 ml



Garlic Salt
4 g | 8 g



Chili Flakes
4 g | 8 g



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, 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.

- Bring a large pot of **salted water** to a boil over high.
- Meanwhile, cut **cauliflower** into bite-sized pieces.
- Peel, then cut **half the onion** (whole onion for 4 servings) into ¼-inch pieces.

4



Make creamy sauce

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

2



Roast cauliflower

+ Add | **Chicken Breast Tenders**

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

5



Assemble pasta

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

3



Cook rigatoni

- Meanwhile, to the **boiling water**, add **rigatoni**.
- Cook for 12-13 min, stirring occasionally, until tender but still firm to the bite.
- Reserve **½ cup** (1 cup) **pasta water**. Strain **rigatoni**, then return to the pot, off heat.

6



Finish and serve

+ Add | **Chicken Breast Tenders**

- Divide **cheesy creamy cauliflower pasta** between bowls.
- Sprinkle **chili flakes** over top, if you like.

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

For 6 servings

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 | Cook cauliflower and chicken

+ Add | **Chicken Breast Tenders**

If you've opted to add **chicken breast tenders**, pat dry with paper towels. Season with **salt** and **pepper**. Heat a large non-stick pan over medium-high. When hot, add **½ tbsp** (1 tbsp) **oil**, then **chicken**. Sear for 3-4 min per side, until **chicken** is golden and cooked through.** Transfer to a plate and cover to keep warm. Use the same pan to make the **sauce** in step 4.

6 | Finish and serve

+ Add | **Chicken Breast Tenders**

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 165°F.