



Carb Smart Cheesy Roasted Cauliflower

with Crispy Bacon Topping

Carb Smart

30 Minutes



Cream Sauce Spice Blend



Bacon Strips



Cauliflower, florets



Baby Spinach



Cheddar Cheese, shredded



Dijon Mustard



Garlic, cloves



Cream



Red Onion

HELLO CAULIFLOWER

A great low-carb alternative for starchy veggies!

Start here

- Before starting, preheat the oven to 425°F.
- Wash and dry all produce.

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

Bust out

Baking sheet, medium bowl, whisk, measuring spoons, measuring cups, large non-stick pan, slotted spoon, paper towels

Ingredients

	2 Person	4 Person
Cream Sauce Spice Blend	1 tbsp	2 tbsp
Bacon Strips	100 g	200 g
Cauliflower, florets	285 g	570 g
Baby Spinach	56 g	113 g
Cheddar Cheese, shredded	¼ cup	½ cup
Dijon Mustard	1 ½ tsp	3 tsp
Garlic, cloves	1	2
Cream	56 ml	113 ml
Red Onion	56 g	113 g
Milk*	¼ cup	½ cup
Oil*		
Salt and Pepper*		

* Pantry items

** Cook to a minimum internal temperature of 71°C/160°F, as size may vary.

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.

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Prep and roast veggies

- Cut **cauliflower** into bite-sized pieces.
- Peel, then cut **half the onion** into 1-inch pieces (use whole onion for 4 ppl).
- Add **cauliflower, onions** and **1 tbsp** (2 tbsp) **oil** to an unlined baking sheet. Season with **salt** and **pepper**, then toss to combine.
- Roast in the **middle** of the oven until tender, 14-16 min.



Make cheese sauce

- Drain and discard all but **1 tbsp** (2 tbsp) **bacon fat** from the pan.
- Sprinkle **Cream Sauce Spice Blend** over **bacon fat**. Cook, stirring constantly, until fully combined, 30 sec.
- Add **Dijon-cream mixture**.
- Reduce heat to medium. Cook, stirring often, until slightly reduced, 1-2 min.
- Remove from heat.
- Add **half the bacon, cauliflower and onions, cheese** and **spinach**. Stir until **cheese** is melted and **spinach** is wilted, 1 min. (**TIP:** Add 1 tbsp water if sauce is too thick!)
- Season with **salt** and **pepper**, to taste.



Cook bacon

- Meanwhile, cut **bacon** into 1-inch pieces.
- Heat a large non-stick pan over medium-high heat.
- When hot, add **bacon** and **2 tbsp** (4 tbsp) **water** to the pan. Cook, flipping occasionally, until **bacon** is crispy and water evaporates, 5-7 min. **
- Remove from heat. Using a slotted spoon, transfer **bacon** to a paper towel-lined plate. Set aside.



Finish and serve

- Divide **cheesy cauliflower mixture** between plates.
- Top with **remaining bacon**.

Dinner Solved!



Prep

- Meanwhile, roughly chop **spinach**.
- Peel, then mince or grate **garlic**.
- Whisk together **Dijon, garlic, cream** and **¼ cup** (½ cup) **milk** in a medium bowl.
- Set aside.