



Cheesy Creamy Cauliflower Pasta with Baby Spinach

Veggie

Optional Spice

30 Minutes



Rigatoni



Cauliflower, florets



Baby Spinach



Yellow Onion



Cheddar Cheese,
shredded



Cream



Garlic Salt



Chili Flakes



Cream Sauce Spice
Blend

HELLO RIGATONI

Grooves on rigatoni catch the creamy, cheesy sauce and incorporate it into every bite!

Start here

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

Heat Guide for Step 6 (dbl for 4 ppl):

- Mild: ¼ tsp
- Medium: ½ tsp
- Spicy: 1 tsp

Bust out

Baking sheet, colander, measuring spoons, measuring cups, large pot, large non-stick pan

Ingredients

	2 Person	4 Person
Rigatoni	170 g	340 g
Cauliflower, florets	285 g	570 g
Baby Spinach	56 g	113 g
Yellow Onion	56 g	113 g
Cheddar Cheese, shredded	½ cup	1 cup
Cream	113 ml	237 ml
Garlic Salt	1 tsp	2 tsp
Chili Flakes 🌶️	¼ tsp	½ tsp
Cream Sauce Spice Blend	2 tbsp	4 tbsp
Milk*	½ cup	1 cup
Unsalted Butter*	1 tbsp	2 tbsp
Oil*		
Salt and Pepper*		

* Pantry items

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.

Contact

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Prep

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. While **water** comes to a boil, cut **cauliflower** into bite-sized pieces. Peel, then cut **half the onion** into ¼-inch pieces (whole onion for 4 ppl).



Make sauce

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



Roast cauliflower

Add **cauliflower** and **1 tbsp oil** (dbl for 4 ppl) 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.



Finish pasta

Add **cheese, sauce, half the reserved pasta water** and **half the 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.



Cook rigatoni

While **cauliflower** roasts, add **rigatoni** to the **boiling water**. Cook uncovered, stirring occasionally, until tender, 10-12 min. Reserve **⅓ cup pasta water** (dbl for 4 ppl), then drain and return **rigatoni** to the same pot, off heat.



Finish and serve

Divide **pasta** between bowls and top with **remaining cauliflower**. Sprinkle **¼ tsp chili flakes** over top. (**NOTE:** Reference heat guide.)

Dinner Solved!