



# Cheesy Creamy Cauliflower Pasta

## with Baby Spinach

Veggie

30 Minutes

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Chicken  
Tenders  
310 g | 620 g



Rigatoni

170 g | 340 g



Cauliflower,  
florets

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

¼ tsp | ½ 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** | Milk\*, unsalted butter\*, pepper\*, salt\*, oil\*

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

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.

2



## Roast cauliflower

- 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

+ Add | **Chicken Tenders**

- 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.

4



## Make sauce

- 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.

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 Tenders**

- Divide **cheesy 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

## 3 | Cook chicken tenders

+ Add | **Chicken Tenders**

If you've opted to add **chicken tenders**, 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**. Sear until golden-brown and cooked through, 3-4 min per side.\*\* Transfer to a plate. Reuse the same pan to make **sauce** in step 4.

## 6 | Finish and serve

+ Add | **Chicken Tenders**

Arrange **chicken** on top of plated **pasta**.

\* 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.



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