

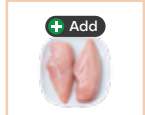


Cheesy Creamy Cauliflower Pasta with Baby Spinach

Veggie

Optional Spice

30 Minutes



Chicken Breast +

2 | 4

↗ Custom Recipe

+ Add

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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)



Rigatoni
170 g | 340 g



Cauliflower, florets
285 g | 570 g



Baby Spinach
56 g | 113 g



Yellow Onion
1 | 1



Cheddar Cheese, shredded
1/2 cup | 1 cup



Cream
113 ml | 237 ml



Garlic Salt
1 tsp | 2 tsp



Chili Flakes
1/4 tsp | 1/2 tsp



Cream Sauce Spice Blend
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: ¼ tsp (½ tsp) mild, ½ tsp (1 tsp) medium and 1 tsp (2 tsp) spicy!
- 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 Breasts**
- 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 **Cream Sauce Spice Blend** 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 Breasts**
- 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 breasts

+ 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 heat. When hot, add **1 tbsp** (2 tbsp) **oil**, then **chicken**. Pan-fry on one side until golden, 6-7 min. Flip, then cover and continue cooking, until cooked through, 6-7 min.** Remove from heat. Transfer **chicken** to a plate. Reuse the same pan to make **sauce** in step 4.

6 | Finish and serve

+ Add | Chicken Breasts

Thinly slice **chicken**. Top plated **pasta** with **chicken**.

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

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



Issue with your meal? Scan the QR code to share your feedback.