



Chicken Mac and Cheese

with Roasted Squash

20-min

Optional Spice



Chicken Tenders



Cavatappi



Cream



Butternut Squash, cubes



Onion, chopped



Cheddar Cheese, shredded



Cauliflower, florets



Chili Flakes



Garlic Salt



All-Purpose Flour



Parmesan Cheese, shredded

HELLO CAVATAPPI

This corkscrew-shaped pasta provides the perfect texture and sauce-catching surface for mac and cheese!

Start here

- Before starting, preheat the broiler to high.
- Add 10 cups warm water and 2 tsp salt (use same for 4 ppl) to a large pot. Cover and bring to a boil over high heat.
- Wash and dry all produce.

Bust out

Baking sheet, measuring spoons, strainer, aluminum foil, measuring cups, large pot, large non-stick pan, paper towels

Ingredients

	2 Person	4 Person
Chicken Tenders *	340 g	680 g
Cavatappi	170 g	340 g
Cream	237 ml	474 ml
Butternut Squash, cubes	170 g	340 g
Onion, chopped	56 g	113 g
Cheddar Cheese, shredded	½ cup	1 cup
Cauliflower, florets	285 g	285 g
Chili Flakes 🌶️	1 tsp	1 tsp
Garlic Salt	1 tsp	2 tsp
All-Purpose Flour	1 tbsp	2 tbsp
Parmesan Cheese, shredded	¼ cup	½ cup
Butter*	2 tbsp	4 tbsp
Oil*		
Salt and Pepper*		

* Pantry items

** Cook 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.

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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Broil squash and cauliflower

Cut **cauliflower** into bite-sized pieces. Add **squash, cauliflower** and **1 tbsp oil** (dbl for 4 ppl) to a foil-lined baking sheet. Season with **salt** and **pepper**, then toss to combine. Broil in the **middle** of the oven until golden-brown and tender, 12-15 min.



Cook cavatappi

While **squash** and **cauliflower** cook, add **cavatappi** to the **boiling water**. Cook uncovered, stirring occasionally, until tender, 10-12 min. Reserve **¼ cup pasta water** (dbl for 4 ppl). Drain and return **cavatappi** to the same pot, off heat.



Prep

While **cavatappi** cooks, pat **chicken** dry with paper towels, then cut **each tender** in half crosswise. Season with **garlic salt** and **pepper**.



Cook chicken

Heat a large non-stick pan over medium-high heat. When hot, add **1 tbsp butter** (dbl for 4 ppl), then **chicken**. Cook, flipping occasionally, until cooked through, 5-6 min. ** (NOTE: Don't overcrowd the pan; cook the chicken in 2 batches if needed, using 1 tbsp butter per batch.)



Make cream sauce

Add **onions** to the pan with **chicken**. Cook, stirring occasionally, until softened, 1-2 min. Sprinkle with **flour**. Cook, stirring often, until coated, 1 min. Add **cream**, then bring to a boil. Cook, stirring often, until **sauce** thickens, 1 min.



Finish and serve

Add **chicken, cream sauce, cheddar cheese, reserved pasta water, half the squash and cauliflower** and **1 tbsp butter** (dbl for 4 ppl) to the pot with **cavatappi**. Stir until **cheddar** melts, 1 min. Divide between bowls, then top with **remaining squash and cauliflower**. Sprinkle with **Parmesan** and **chili flakes**, to taste.

Dinner Solved!