



Cheesy Creamy Cauliflower Pasta

with Baby Spinach

Veggie Optional Spice 30 Minutes



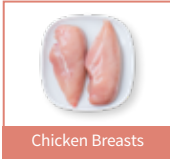
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CUSTOM RECIPE
This is a Custom Recipe. If you chose to add chicken, simply follow the instructions on the back of this card and you're set.
Happy cooking!



Rigatoni



Chicken Breasts



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.

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

Heat Guide for Step 6:

- Mild: ¼ tsp (½ tsp)
- Medium: ½ tsp (1 tsp)
- Spicy: 1 tsp (2 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
Chicken Breasts	2	4
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

** 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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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.
- Meanwhile, cut **cauliflower** into bite-sized pieces.
- Peel, then cut **half the onion** into ¼-inch pieces (whole onion for 4 ppl).



Cook 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.



Cook rigatoni

- 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.

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-high heat. When hot, add **½ tbsp (1 tbsp) oil**, then **chicken**. (NOTE: Don't overcrowd the pan; cook in 2 batches if needed.) Cook until golden, 1-2 min per side. Transfer **chicken** to an unlined baking sheet. Bake in the **bottom** of the oven, until cooked through, 12-14 min.**



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 **onions** soften, 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.



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.



Finish and serve

- Divide **cheesy creamy cauliflower pasta** between bowls.
- Sprinkle **¼ tsp chili flakes** over top. (NOTE: Reference heat guide.)

Thinly slice **chicken**. Top final bowls with **chicken**.

Dinner Solved!