

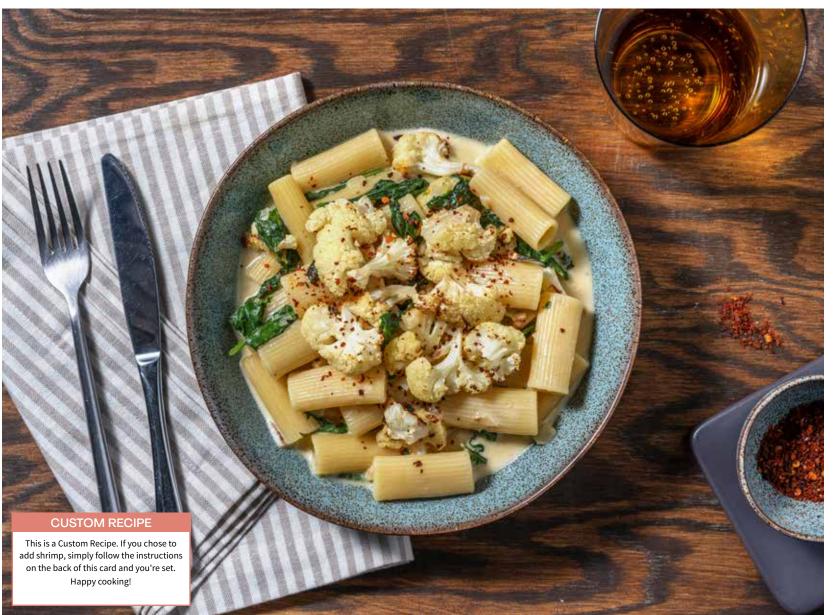
Cheesy Creamy Cauliflower Pasta

with Baby Spinach

Veggie

Optional Spice

30 Minutes





Rigatoni





Cauliflower, florets







Yellow Onion

Cheddar Cheese, shredded







Garlic Salt



Chili Flakes

Cream Sauce Spice Blend

Start here

Before starting, wash and dry all produce.

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

- Mild: 1/4 tsp • Medium: 1/2 tsp
- · Spicy: 1 tsp

Bust out

Colander, measuring spoons, strainer, measuring cups, large pot, large non-stick pan

Ingredients

2 Person	4 Person
170 g	340 g
285 g	570 g
285 g	570 g
56 g	113 g
56 g	113 g
½ cup	1 cup
113 ml	237 ml
1 tsp	2 tsp
1/4 tsp	½ tsp
2 tbsp	4 tbsp
½ cup	1 cup
2 tbsp	4 tbsp
	170 g 285 g 285 g 56 g 56 g ½ cup 113 ml 1 tsp ½ tsp 2 tbsp ½ cup

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

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

Call us | (855) 272-7002 HelloFresh.ca





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 1/4-inch pieces (whole onion for 4 ppl).



Make sauce

- Reheat the same pan (from step 2) over
- When hot, add 1 tbsp butter (dbl for 4 ppl), 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 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.



Cook cauliflower

- · Heat a large non-stick pan over medium-high
- When hot, add cauliflower and 1/4 cup water (dbl for 4 ppl). Season with half the garlic salt and pepper. Cover and cook, stirring occasionally, until water is absorbed and **cauliflower** is tender-crisp, 4-5 min.
- Add 1 tbsp butter (dbl for 4 ppl), then swirl the pan until melted. Cook uncovered, stirring often, until **cauliflower** is golden-brown and tender, 2-4 min.
- Remove from heat, then transfer cauliflower to a plate. Set aside.



Cook rigatoni

- Meanwhile, add rigatoni to the boiling water. Cook uncovered, stirring occasionally, until tender, 10-12 min.
- Reserve ½ cup pasta water (dbl for 4 ppl), then drain and return rigatoni to the same pot, off heat.



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.

If you've opted to get **shrimp**, using a strainer, drain and rinse **shrimp**, then pat dry with paper towels. Season with salt and pepper. Heat a medium non-stick pan over medium-high heat. When hot, add ½ tbsp oil (dbl for 4 ppl), then **shrimp**. Cook, stirring occasionally, until **shrimp** just turn pink, 3-4 min.** Remove from heat.



Finish and serve

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

Top pasta with shrimp.

Dinner Solved!