



Cheesy Creamy Cauliflower Pasta

with Baby Spinach and Chives

VEGGIE




30 Minutes



Due to order volume, you may receive an equivalent ingredient substitution for this recipe. Follow the recipe instructions, as usual, using the ingredients that you have received.

Thank you for your understanding & happy cooking!



- | | |
|---|---|
| 
Cauliflower, florets | 
Cheddar Cheese, shredded |
| 
Chives | 
Rigatoni |
| 
Onion, chopped | 
All-Purpose Flour |
| 
Baby Spinach | 
Sour Cream |
| 
Garlic Salt | 
Chili Flakes |

HELLO GROOVY

Grooves on rigatoni catch the creamy, cheesy sauce and incorporate it into every bite!

START HERE

- Before starting, preheat oven to 425°F.
- Wash and dry all produce.

Heat Guide for Step 6:

- Mild: ¼ tsp
- Medium: ½ tsp
- Spicy: 1 tsp

Bust Out

Large Non-Stick Pan, Baking Sheet, Large Pot, Measuring Spoons, Measuring Cups, Strainer

Ingredients

	2 Person	4 Person
Cauliflower, florets	285 g	570 g
Cheddar Cheese, shredded	½ cup	1 cup
Chives	7 g	14 g
Rigatoni	170 g	340 g
Onion, chopped	56 g	113 g
All-Purpose Flour	1 tbsp	2 tbsp
Baby Spinach	56 g	113 g
Sour Cream	6 tbsp	12 tbsp
Garlic Salt	1 ½ tsp	1 ½ tsp
Chili Flakes	1 tsp	2 tsp
Milk*	½ cup	1 cup
Unsalted Butter*	1 tbsp	2 tbsp
Oil*		
Salt and Pepper*		

* Pantry items

Allergens

Hey home cooks! Please refer to our meal kit labels for the most current allergen 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

Share your photos #HelloFreshLife
Call or email us | (855) 272-7002
hello@hellofresh.ca
HelloFresh.ca



1. PREP

Add **10 cups water** and **2 tsp salt** in a large pot (**NOTE:** Use same for 4 ppl). Cover and bring to a boil over high heat. Meanwhile, cut **cauliflower** into bite-sized pieces. Thinly slice **chives**.



2. ROAST CAULIFLOWER

Toss **cauliflower** with **1 tbsp oil** (dbl for 4 ppl) on a baking sheet. Season with **¼ tsp garlic salt** (dbl for 4ppl) and **pepper**. Roast in the **middle** of the oven, until golden-brown, 14-16 min.



3. COOK RIGATONI

While **cauliflower** cooks, add **rigatoni** to the pot of **boiling water**. Cook, uncovered, stirring occasionally, until tender, 10-12 min. Reserve **½ cup pasta water** (dbl for 4 ppl). Drain, then return to the same pot. Set aside, off heat.



4. MAKE SAUCE

Heat a large non-stick pan over medium heat. When hot, add **1 tbsp butter** (dbl for 4ppl) then **onions**. Cook, stirring often, until softened, 3-4 min. Sprinkle over **flour** and **½ tsp garlic salt** (dbl for 4ppl). Cook, stirring often, until coated, 1 min. Add **½ cup milk** (dbl for 4 ppl) and bring to a boil. Cook, stirring often, until thickened, 1 min. Remove the pan from the heat and add **spinach**. Stir, until wilted, 1 min.



5. FINISH PASTA

Stir **sour cream** and **cheddar cheese** into sauce. Season with **salt** and **pepper**. Add **cheese sauce**, **reserved pasta water** and **half the cauliflower** to the pot with **rigatoni**. Stir until **cheese** melts, 1 min.



6. FINISH & SERVE

Divide **pasta** between bowls and top with **remaining cauliflower**. Sprinkle over **chives** and **¼ tsp chili flakes** (**NOTE:** Reference Heat Guide).

Dinner Solved!