














# Chicken Mac and Cheese

with Roasted Squash and Chives

20-min



-  Chicken Tenders
-  Cavatappi
-  Cream
-  Butternut Squash, cubes
-  Onion, chopped
-  Cheddar Cheese, shredded
-  Cauliflower, florets
-  Chives
-  Chili Flakes
-  Garlic Salt
-  All-Purpose Flour

### HELLO CAVATAPPI

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

## Start here

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

## Bust Out

Baking sheet, measuring spoons, strainer, 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
Chives	7 g	7 g
Chili Flakes 🌶️	1 tsp	1 tsp
Garlic Salt	1 tsp	2 tsp
All-Purpose Flour	1 tbsp	2 tbsp
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.

\*\*\* Minimum weight on chicken

♦ 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 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.*

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### Broil squash and cauliflower

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



### 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, turning pieces over occasionally, until cooked through, 5-6 min.\*\* (TIP: Don't overcrowd the pan; cook the **chicken** in two batches if needed, using **1 tbsp butter** per batch)



### Cook cavatappi

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



### 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** and bring to a boil. Cook, stirring often, until thickened, 1 min.



### Prep

While **cavatappi** cooks, thinly slice **chives**. Pat **chicken** dry with paper towels, then cut in half. Season with **garlic salt** and **pepper**.



### Finish and serve

Add **chicken** and **cream sauce**, **cheese**, **reserved pasta water**, **1 tbsp butter** (dbl for 4 ppl) and **half the squash** and **cauliflower** to the pot with **cavatappi**. Stir until **cheese** melts, 1 min. Divide between bowls and top with **remaining squash** and **cauliflower**. Sprinkle with **chives** and **¼ tsp chili flakes**, if desired.

## Dinner Solved!