



SPICED CAULIFLOWER MAC AND CHEESE

with Spinach and Crunchy Breadcrumb Topping

VEGGIE



HELLO CAULIFLOWER

Cauliflower and dairy pack a ton of calcium into this meal

PREP: 5 MIN | **TOTAL: 40 MIN** | **CALORIES: 882**



Penne



All-Purpose Flour



Turkish Spice Blend



Parmesan Cheese, shredded



Baby Spinach



Vegetable Broth Concentrate



Cauliflower, florets



Dijon Mustard



Red Onion, sliced



Italian Breadcrumbs

BUST OUT

- Baking Sheet
- Large Pot
- Measuring Spoons
- Measuring Cups
- Medium Oven-Proof Pan
- Whisk
- Small Bowl
- Strainer
- Milk **2** (1 $\frac{3}{4}$ cup)
- Butter **2** (2 tbsp)
- Salt and Pepper
- Olive or Canola oil

INGREDIENTS

2-person

- Penne **1** 170 g
- All-Purpose Flour **1** 1 tbsp
- Turkish Spice Blend 1 tbsp
- Parmesan Cheese, shredded **2** $\frac{1}{2}$ cup
- Baby Spinach 113 g
- Vegetable Broth Concentrate 1
- Cauliflower, florets 285 g
- Dijon Mustard **6,9** 1 $\frac{1}{4}$ tsp
- Red Onion, sliced 113 g
- Italian Breadcrumbs **1** 2 tbsp

ALLERGENS | ALLERGÈNES

Some ingredients are produced in a facility that also processes milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Certains ingrédients sont produits dans des installations qui traitent également lait, la moutarde, les arachides, le sésame, le soja, les sulfites, les noix et le blé.

- 0 Seafood/Fruit de Mer
- 1 Wheat/Blé
- 2 Milk/Lait
- 3 Egg/Oeuf
- 4 Soy/Soja
- 5 Tree Nut/Noix
- 6 Mustard/Moutarde
- 7 Peanut/Cacahuète
- 8 Sesame/Sésame
- 9 Sulphites/Sulfites
- 10 Crustacean/Crustacé
- 11 Shellfish/Fruit de Mer

*Laver et sécher tous les aliments.

START STRONG



Preheat the oven to **400°F** (to roast the cauliflower). Start prepping when your oven comes up to temperature! If you don't have an oven-proof pan, use a regular pot or pan, then in Step 5 transfer the mac and cheese to an 8x8-inch baking dish before broiling!



1 PREP
Wash and dry all produce.* Bring a large pot of **salted water** to a boil. On a baking sheet, toss the **cauliflower** and **half the Turkish spice blend** with a drizzle of **oil**. Season with **salt** and **pepper**. Roast in the centre of the oven, stirring halfway through cooking, until golden-brown, 25-28 min.



4 FINISH SAUCE
Whisk the **broth concentrate** and **mustard** into the pan. Simmer, whisking often, until the sauce thickens, 2-3 min. Remove the pan from the heat and stir in the **remaining Parmesan** until melted, 1-2 min. Gently stir the **cauliflower**, **spinach** and **penne** into the sauce until the spinach wilts, 1-2 min.



2 COOK PASTA
Meanwhile, add the **penne** to the boiling water and cook until tender, 10-12 min. (Drain when the pasta is done cooking.) Meanwhile, in a small bowl, combine the **breadcrumbs**, **half of the Parmesan**, **remaining Turkish spice blend** and **1 tbsp oil**. Set aside.



5 BROIL MAC AND CHEESE
Turn the broiler on high. Sprinkle the **breadcrumb mixture** over the **mac and cheese**. Broil in the centre of the oven, until the top is golden-brown, 3-4 min.



3 MAKE SAUCE
Heat a medium oven-proof pan over medium heat. Add **2 tbsp butter** and swirl until melted. Add the **onions** and cook, stirring occasionally, until softened, 3-4 min. Sprinkle over the **flour** and stir to coat the onions. Slowly whisk **1 $\frac{3}{4}$ cups milk** into the pan. (**TIP:** Slowly whisking in the milk helps ensure the sauce will be smooth!)



6 FINISH AND SERVE
Divide the **mac and cheese** between plates.

YUM!

We dare you not to love this flavourful and creamy dish!



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