



SPICED CAULIFLOWER MAC 'N' CHEESE

with Mixed Greens

PREP: 5 MIN
TOTAL: 40 MIN

LEVEL 1

NUT
FREE

VEGGIE



INGREDIENTS:

- Cauliflower Florets
- Turkish Spice
- Scallions
- Yellow Onion
- Gemelli Pasta (Contains: Wheat)
- Flour (Contains: Wheat)
- Milk (Contains: Milk)
- Veggie Stock Concentrate
- Italian Cheese Blend (Contains: Milk)
- Mixed Greens
- Balsamic Vinegar

FOR 2 PEOPLE:

- 10 oz
- 1 tsp
- 2
- 1
- 6 oz
- 1 TBSP
- 1 Cup
- 1
- 1 Cup
- 3 oz
- 2 TBSP

FOR 4 PEOPLE:

- 20 oz
- 2 tsp
- 4
- 1
- 12 oz
- 1 TBSP
- 2 Cups
- 2
- 1 Cup
- 6 oz
- 4 TBSP

HELLO

TURKISH SPICE

An earthy blend featuring
cumin and allspice

NUTRITION PER SERVING

2 per 756 cal | Fat: 28 g | Sat. Fat: 14 g | Protein: 34 g | Carbs: 94 g | Sugar: 16 g | Sodium: 732 mg | Fiber: 8 g
4 per 647 cal | Fat: 22 g | Sat. Fat: 10 g | Protein: 27 g | Carbs: 88 g | Sugar: 15 g | Sodium: 519 mg | Fiber: 7 g

START STRONG

In step 5, wait for the flour to turn a few shades darker to a warm gold color before adding the milk. This allows the flour to brown and take on some incredible toasty flavors.



BUST OUT

- Baking sheet
- Strainer
- Large ovenproof pan
- Olive oil (2 tsp | 4 tsp)
- Butter (1 TBSP | 2 TBSP)
(Contains: Milk)
- Large pot
- Whisk



1 PREHEAT OVEN AND ROAST CAULIFLOWER

Wash and dry all produce.

Preheat oven to 425 degrees. Toss **cauliflower** on a baking sheet with a drizzle of **olive oil**. Season with **salt**, **pepper**, and $\frac{1}{2}$ **tsp Turkish spice**. Roast until tender and lightly browned, about 25 minutes.

2 PREP SCALLIONS

Thinly slice **scallions**, keeping **greens** and **whites** separate. Halve, peel, and finely chop the **onion**.

3 COOK PASTA

Bring **water** and a large pinch of **salt** to a boil in a large pot. Once water is boiling, add **gemelli pasta**. Cook until al dente, 9-11 minutes. Drain.



4 START CHEESE SAUCE

Heat **butter** in a large ovenproof pan over medium-high heat. Add **onion** and **scallion whites**. Cook until softened, 3-5 minutes. Add $\frac{1}{2}$ **tsp Turkish spice** (we sent more) and cook until fragrant, about 1 minute.

5 FINISH CHEESE SAUCE

Whisk **flour** into pan and cook until golden, 1-2 minutes. Slowly pour **milk** into pan while whisking to combine. Stir in **stock concentrate** and bring to a simmer. Let bubble until thickened, about 2 minutes. Remove from heat and add **cheese**, stirring until **cheese** is melted. Season with **salt** and **pepper**.

6 FINISH

Add cooked **pasta** and **cauliflower** to **cheese sauce** and stir to combine. (**TIP:** Transfer mixture to baking dish if you don't have an ovenproof pan.) Bake until top is lightly crisped, about 5 minutes. In a large bowl, toss **mixed greens** with **balsamic vinegar** and a drizzle of **olive oil**. Serve on the side.

DELISH!

Cauliflower and dairy give this recipe tons of calcium.

