



CAULIFLOWER MAC 'N' CHEESE

with Pancetta, Cavatappi, and Scallions



HELLO

PANCETTA

Italian-style bacon bits add bursts of porky, salty flavor throughout.

PREP: 5 MIN | **TOTAL: 30 MIN** | **CALORIES: 600**



Scallions



Cavatappi Pasta
(Contains: Wheat)



Flour
(Contains: Wheat)



Chicken Stock Concentrates



Cauliflower Florets



Pancetta



Milk
(Contains: Milk)



Italian Cheese Blend
(Contains: Milk)

START STRONG

Tucking cauliflower into a creamy cheese sauce is a surefire way to get everyone to eat their veg. You can even save a big pinch of the cheese and sprinkle it on top to make sure every piece is coated.

BUST OUT

- Large pot
- Slotted spoon
- Baking sheet
- Strainer
- Large pan
- Olive oil (2 tsp)
- Butter (2 TBSP)
(Contains: Milk)

INGREDIENTS

Ingredient 4-person

- Scallions 4
- Cauliflower Florets 20 oz
- Cavatappi Pasta 12 oz
- Pancetta 4 oz
- Flour 2 TBSP
- Milk 2 Cups
- Chicken Stock Concentrates 2
- Italian Cheese Blend 1 Cup

HELLO WINE



PAIR WITH

Pique-Nique Pays d'Oc
Chardonnay, 2016

[HelloFresh.com/Wine](https://www.hellofresh.com/wine)



1 ROAST CAULIFLOWER

Wash and dry all produce. Adjust rack to middle position and preheat oven to 400 degrees. Bring a large pot of salted water to a boil. Trim, then thinly slice scallions, keeping greens and whites separate. Toss cauliflower on a baking sheet with a large drizzle of olive oil and a pinch of salt and pepper. Roast in oven until tender, 20-25 minutes.



4 MAKE CHEESE SAUCE

Melt 2 TBSP butter in same pan over medium heat, then add flour. Stir constantly until flour loses its raw smell, 1-2 minutes. Slowly pour in 2 cups milk (we sent more), whisking to combine. Stir in stock concentrates and let simmer until thickened, 1-2 minutes. Remove pan from heat, then stir in cheese. Season with salt and pepper.



2 COOK PASTA

Once water is boiling, add cavatappi to pot. Cook, stirring occasionally, until al dente, 9-11 minutes. Drain.



5 BAKE MAC 'N' CHEESE

Stir cavatappi, pancetta mixture, and 3/4 of the cauliflower into sauce in pan. (TIP: If your pan is not ovenproof, transfer mixture to a lightly oiled baking dish at this point.) Scatter remaining cauliflower over top. Bake in oven until bubbly, 5-7 minutes.



3 CRISP PANCETTA

Meanwhile, heat a large pan over medium-high heat (use an ovenproof pan if you have one). Add pancetta and scallion whites. Cook, tossing, until crisp and browned at edges, 4-5 minutes. Remove from pan with a slotted spoon, keeping as much oil in pan as possible.



6 PLATE AND SERVE

Divide mac 'n' cheese between plates. Garnish with scallion greens and serve.

FRESH TALK

Cavatappi's name comes from the Italian word for corkscrew. What do you think it looks like?

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