



HALL OF FAME

SPICED CAULIFLOWER MAC 'N' CHEESE

with a Mixed Green Salad



HELLO HALL OF FAME

Meet one of our all-star recipes: a tried-and-true favorite chosen by home cooks like you!

PREP: 5 MIN | **TOTAL: 40 MIN** | **CALORIES: 750**



Cauliflower Florets



Scallions



Gemelli Pasta
(Contains: Wheat)



Milk
(Contains: Milk)



Italian Cheese Blend
(Contains: Milk)



Balsamic Vinegar



Turkish Spice Blend



Yellow Onion



Flour
(Contains: Wheat)



Veggie Stock Concentrate



Spring Mix Lettuce

START STRONG


Wait for the flour to turn a few shades darker to a warm gold color before adding the milk. This toasts the flour, giving it some incredible flavors.

BUST OUT

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

INGREDIENTS

Ingredient 2-person | 4-person

- Cauliflower Florets 10 oz | 20 oz
- Turkish Spice Blend  1 tsp | 2 tsp
- Scallions 2 | 4
- Yellow Onion 1 | 1
- Gemelli Pasta 6 oz | 12 oz
- Flour 1 TBSP | 1 TBSP
- Milk 1 Cup | 2 Cups
- Veggie Stock Concentrate 1 | 2
- Italian Cheese Blend 1 Cup | 1 Cup
- Spring Mix Lettuce 2 oz | 4 oz
- Balsamic Vinegar 5 tsp | 10 tsp

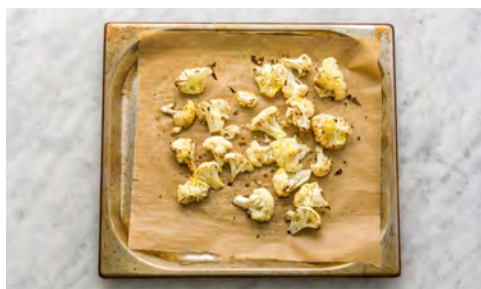
HELLO WINE



PAIR WITH

Maison Bonheur Beaujolais, 2016

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



1 PREHEAT AND PREP

Wash and dry all produce. Adjust rack to middle position and preheat oven to 425 degrees. Bring a large pot of **salted water** to a boil. Toss **cauliflower** on a baking sheet with a drizzle of **olive oil**. Season with **salt**, **pepper**, and **½ tsp Turkish spice** (we'll use more later).



2 ROAST CAULIFLOWER AND PREP

Roast **cauliflower** in oven until tender and lightly browned, about 25 minutes. Trim, then thinly slice **scallions**, keeping greens and whites separate. Halve, peel, and finely chop **onion**.



3 BOIL PASTA

Once water is boiling, add **gemelli** to pot. Cook, stirring occasionally, until al dente, 9-12 minutes, then drain.



4 COOK ONIONS

Melt **1 TBSP butter** in a large pan over medium-high heat (use an ovenproof pan if you have one). Add **onion** and **scallion whites**. Cook, tossing, until softened, 3-5 minutes. Stir in another **½ tsp Turkish spice** (you'll have some left over) and cook until fragrant, about 1 minute. Sprinkle **flour** into pan and cook, stirring, until it loses its raw smell, 1-2 minutes.



5 MAKE SAUCE

Slowly whisk **1 cup milk** into pan (we sent more). Stir in **stock concentrate** and bring to a simmer. Let bubble until thickened, about 2 minutes. Remove from heat and add **cheese**, stirring to melt. Season with **salt** and **pepper**.



6 FINISH AND TOSS SALAD

Stir **gemelli** and **cauliflower** into pan. (**TIP:** Transfer mixture to a baking dish at this point if your pan isn't ovenproof.) Transfer pan to oven and bake until crisp on top, about 5 minutes. Toss **lettuce** with **vinegar** and a drizzle of **olive oil** in a large bowl. Divide **pasta** between plates and sprinkle with **scallion greens**. Serve **salad** on the side.

DELISH!

Cauliflower and dairy pack tons of calcium into this meal.

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