



CAULIFLOWER BACON MAC 'N' CHEESE

with Cavatappi Pasta



HELLO CAVATAPPI

This bouncy, springy pasta shape takes its name from the Italian word for *corkscrew*.

PREP: 5 MIN | **TOTAL: 35 MIN** | **CALORIES: 860**



Scallions



Cavatappi Pasta
(Contains: Wheat)



Flour
(Contains: Wheat)



Chicken Stock Concentrate



Cauliflower Florets



Bacon



Milk
(Contains: Milk)



Italian Cheese Blend
(Contains: Milk)

START STRONG

In step 4, you'll be making a béchamel (that's a flour-thickened sauce). Stir the flour constantly after adding and incorporate the milk in a whisking motion—this will make it silky smooth.

BUST OUT

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

INGREDIENTS

Ingredient 2-person | 4-person

- Scallions 2 | 4
- Cauliflower Florets 10 oz | 20 oz
- Cavatappi Pasta 6 oz | 12 oz
- Bacon 4 oz | 8 oz
- Flour 1 TBSP | 2 TBSP
- Milk 1 Cup | 2 Cups
- Chicken Stock Concentrate 1 | 2
- Italian Cheese Blend ½ Cup | 1 Cup

HELLO WINE



PAIR WITH

Chasseur de Cailloux
Côtes du Rhône Rouge, 2016

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1 ROAST CAULIFLOWER

Wash and dry all produce. Preheat oven to 400 degrees. Bring a large pot of **salted water** to a boil. 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

Lower heat under same pan to medium and add **scallion whites** and **1 TBSP butter**. Stir to soften and melt, about 1 minute. Add **flour** and stir constantly until it loses its raw smell, 1-2 minutes. Slowly pour in **1 cup milk** (we sent more), whisking to combine. Stir in **chicken stock concentrate** and let simmer until thickened, 1-2 minutes. Remove pan from heat, then stir in **cheese**. Season with **salt** and **pepper**.



2 BOIL PASTA

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



5 BAKE MAC 'N' CHEESE

Crumble **bacon** into small pieces with hands. Stir bacon, **cavatappi**, and **¾ of the cauliflower** into sauce in pan. (**TIP:** If your pan is not ovenproof, transfer mixture to a medium, lightly oiled baking dish at this point.) Scatter remaining cauliflower over top. Bake in oven until bubbly, 5-7 minutes.



3 COOK BACON

Meanwhile, heat a large pan over medium-high heat (use an ovenproof pan if you have one). Add **bacon** and cook, turning occasionally, until just starting to turn crispy, 4-6 minutes. Remove from pan and set aside to drain on paper towels. Pour out all but 1 tsp grease in pan.



6 PLATE AND SERVE

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

PERFECT PAIRING!

Bacon and mac 'n' cheese can only mean delicious things.

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