



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: 740**



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). Whisk the flour constantly after adding and incorporate the milk in a whisking motion—this will make the sauce silky smooth.

BUST OUT

- Large pot
- Whisk
- Baking sheet
- Kosher salt
- Strainer
- Black pepper
- Large pan
- Paper towels
- Olive oil (2 tsp | 2 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 **13.5 oz** | **20.25 oz**
- Chicken Stock Concentrate **1** | **2**
- Italian Cheese Blend **½ Cup** | **1 Cup**

* Bacon is fully cooked when internal temperature reaches 145 degrees.

WINE CLUB

Pair this meal with a HelloFresh Wine matching this icon.



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1 PREP AND ROAST CAULIFLOWER

Preheat oven to 400 degrees. Bring a large pot of **salted water** to a boil. **Wash and dry all produce.** Trim and thinly slice **scallions**, separating whites from greens. Toss **cauliflower** on a baking sheet with a large drizzle of **olive oil** and a pinch of **salt** and **pepper**. Roast until tender, 20-25 minutes.



4 MAKE CHEESE SAUCE

Melt **1 TBSP butter** (2 TBSP for 4 servings) in same pan over medium heat. Add **scallion whites** and cook until softened, about 1 minute. Add **flour** and stir constantly until lightly browned, 1-2 minutes. Slowly whisk in **milk**, then **stock concentrate**. Increase heat to high and let bubble until slightly thickened, 1-2 minutes. Turn off heat, then whisk 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. Reserve **¼ cup pasta cooking water** (½ cup for 4 servings), then drain.



5 FINISH MAC 'N' CHEESE

Using your hands, crumble **bacon** into small pieces. Stir bacon, **cavatappi**, **cauliflower**, and **2 TBSP reserved pasta cooking water** (½ cup for 4 servings) into **sauce**. **TIP:** If pasta seems dry, add a few more splashes of reserved cooking water.



3 COOK BACON

Meanwhile, heat a large, dry pan over medium-high heat. Add **bacon** and cook, flipping occasionally, until just crispy, 6-10 minutes. Turn off heat. Transfer bacon to a paper-towel-lined plate. Discard all but **1 tsp bacon fat** (2 tsp for 4 servings) from pan.



6 SERVE

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

PERFECT PAIRING!

Have some Parm on hand? Sprinkle on top for an extra cheesy finish.

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