



NOV
2016

Cauliflower Pancetta Mac and Cheese

Normally, we don't mess with classics like mac and cheese. But when our chefs, Freida and Nate, suggested adding some pancetta and cauliflower, we had to give it a taste. Thanks to our special Italian cheese blend, this dish packs all the creaminess your kids love. The only difference? Hidden veggies.



Prep: 5 min
Total: 30 min



level 1



nut
free



Scallions



Cauliflower
Florets



Cavatappi
Pasta



Pancetta



Flour



Reduced
Fat Milk



Chicken Stock
Concentrates



Italian Cheese
Blend

Ingredients

		4 People
Scallions		4
Cauliflower Florets		20 oz
Cavatappi Pasta	1)	12 oz
Pancetta		1 Cup
Flour	1)	2 TBSP
Reduced Fat Milk	2)	2 Cups
Chicken Stock Concentrates		2
Italian Cheese Blend	2)	1 Cup
Butter*	2)	2 TBSP
Olive Oil*		4 tsp

*Not Included

Allergens

1) Wheat

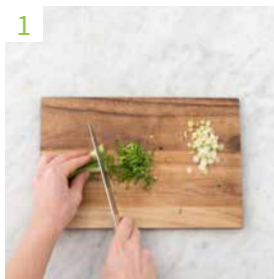
2) Milk

Tools

Large pot, Baking sheet, Strainer, Large pan, Whisk, Large baking dish

Nutrition per person Calories: 736 cal | Fat: 31 g | Sat. Fat: 14 g | Protein: 30 g | Carbs: 87 g | Sugar: 13 g | Sodium: 898 mg | Fiber: 6 g

1



1 Preheat and prep: 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 until golden brown and tender, 20-25 minutes.

2 Boil the cavatappi: Add **cavatappi pasta** to boiling **water**. Cook until al dente, 9-11 minutes. Drain.

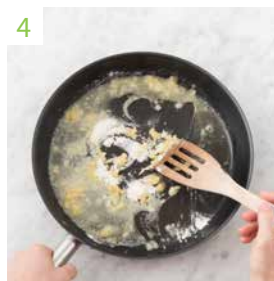
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3 Crisp the pancetta: Meanwhile, heat a large pan over medium-high heat. Add **pancetta** and **scallion whites**, and toss until crispy, 4-5 minutes. Remove from pan, retaining as much **oil** as possible.

4 Make the cheese sauce: Heat **2 TBSP butter** in same pan over medium heat. Once melted, whisk in **flour**. Whisk constantly 1-2 minutes. Very slowly whisk in **milk** until combined. Add **chicken stock concentrates** and simmer until thickened, 1-2 minutes. Remove pan from heat, then stir in **cheese**. Season with **salt** and **pepper**.

4



5 Bake the mac and cheese: Stir **cavatappi pasta**, **pancetta mixture**, and $\frac{3}{4}$ of the **cauliflower** into **cheese sauce**. Transfer to a large, lightly oiled baking dish. (**TIP:** If your pan is ovenproof, you can skip this step!) Top with remaining **cauliflower**, and cook until bubbling, 5-7 minutes.

5



6 Serve: Garnish with **scallion greens** and enjoy!

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