



# Cheesy Creamy Cauliflower Pasta

with Baby Spinach

Veggie

Optional Spice

30 Minutes



**CUSTOM RECIPE**  
This is a Custom Recipe. If you chose to add shrimp, simply follow the instructions on the back of this card and you're set. Happy cooking!



Rigatoni



Shrimp



Cauliflower, florets



Baby Spinach



Yellow Onion



Cheddar Cheese, shredded



Cream



Garlic Salt



Chili Flakes



Cream Sauce Spice Blend

HELLO RIGATONI

Grooves on rigatoni catch the creamy, cheesy sauce and incorporate it into every bite!

## Start here

Before starting, wash and dry all produce.

### Heat Guide for Step 6 (dbl for 4 ppl):

- Mild: ¼ tsp
- Medium: ½ tsp
- Spicy: 1 tsp

## Bust out

Colander, measuring spoons, strainer, measuring cups, large pot, large non-stick pan

## Ingredients

	2 Person	4 Person
Rigatoni	170 g	340 g
Shrimp	285 g	570 g
Cauliflower, florets	285 g	570 g
Baby Spinach	56 g	113 g
Yellow Onion	56 g	113 g
Cheddar Cheese, shredded	½ cup	1 cup
Cream	113 ml	237 ml
Garlic Salt	1 tsp	2 tsp
Chili Flakes 🌶️	¼ tsp	½ tsp
Cream Sauce Spice Blend	2 tbsp	4 tbsp
Milk*	½ cup	1 cup
Unsalted Butter*	2 tbsp	4 tbsp
Oil*		
Salt and Pepper*		

\* Pantry items

\*\* Cook to a minimum internal temperature of 74°C/165°F, as size may vary.

## Allergens

Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

*Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.*

## Contact

Call us | (855) 272-7002  
HelloFresh.ca

Facebook Instagram Twitter Pinterest @HelloFreshCA



## 1 Prep

- Add **10 cups water** and **2 tsp salt** to a large pot (use same for 4 ppl). Cover and bring to a boil over high heat.
- Meanwhile, cut **cauliflower** into bite-sized pieces.
- Peel, then cut **half the onion** into ¼-inch pieces (whole onion for 4 ppl).



## 4 Make sauce

- Reheat the same pan (from step 2) over medium.
- When hot, add **1 tbsp butter** (dbl for 4 ppl), then **onions**. Cook, stirring often, until **onions** soften, 3-4 min.
- Sprinkle **Cream Sauce Spice Blend** and **remaining garlic salt** over **onions**. Cook, stirring often, until **onions** are coated, 1 min.
- Add **cream** and **½ cup milk** (dbl for 4 ppl), then bring to a boil.
- Once boiling, cook, stirring often, until **sauce** thickens, 1 min.
- Remove the pan from the heat, then add **spinach**. Stir until wilted, 1 min.



## 2 Cook cauliflower

- Heat a large non-stick pan over medium-high heat.
- When hot, add **cauliflower** and **¼ cup water** (dbl for 4 ppl). Season with **half the garlic salt** and **pepper**. Cover and cook, stirring occasionally, until **water** is absorbed and **cauliflower** is tender-crisp, 4-5 min.
- Add **1 tbsp butter** (dbl for 4 ppl), then swirl the pan until melted. Cook uncovered, stirring often, until **cauliflower** is golden-brown and tender, 2-4 min.
- Remove from heat, then transfer **cauliflower** to a plate. Set aside.



## 5 Assemble pasta

- Add **cheese, sauce, half the reserved pasta water** and **cauliflower** to the pot with **rigatoni**. Stir until **cheese** melts, 1 min. (**TIP:** For a lighter sauce consistency, add more reserved pasta water, 1-2 tbsp at a time.)
- Season with **salt** and **pepper**, to taste.

If you've opted to get **shrimp**, using a strainer, drain and rinse **shrimp**, then pat dry with paper towels. Season with **salt** and **pepper**. Heat a medium non-stick pan over medium-high heat. When hot, add **½ tbsp oil** (dbl for 4 ppl), then **shrimp**. Cook, stirring occasionally, until **shrimp** just turn pink, 3-4 min. **\*\*** Remove from heat.



## 3 Cook rigatoni

- Meanwhile, add **rigatoni** to the **boiling water**. Cook uncovered, stirring occasionally, until tender, 10-12 min.
- Reserve **½ cup pasta water** (dbl for 4 ppl), then drain and return **rigatoni** to the same pot, off heat.



## 6 Finish and serve

- Divide **cheesy creamy cauliflower pasta** between bowls.
- Sprinkle **¼ tsp chili flakes** over top. (**NOTE:** Reference heat guide.)

Top pasta with shrimp.

## Dinner Solved!