



Cheesy Creamy Cauliflower Pasta

with Baby Spinach and Chives

Veggie

30 Minutes



Rigatoni



Cauliflower, florets



Chives



Baby Spinach



Onion, chopped



Cheddar Cheese, shredded



All-Purpose Flour



Sour Cream



Garlic Salt



Chili Flakes

HELLO GROOVY

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

Start here

- Before starting, preheat oven to 425°F.
- 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

Baking sheet, measuring spoons, strainer, measuring cups, large pot, large non-stick pan

Ingredients

	2 Person	4 Person
Rigatoni	170 g	340 g
Cauliflower, florets	285 g	570 g
Chives	7 g	14 g
Baby Spinach	56 g	113 g
Onion, chopped	56 g	113 g
Cheddar Cheese, shredded	½ cup	1 cup
All-Purpose Flour	1 tbsp	2 tbsp
Sour Cream	6 tbsp	12 tbsp
Garlic Salt	1 tsp	2 tsp
Chili Flakes 🌶️	1 tsp	2 tsp
Milk*	½ cup	1 cup
Unsalted Butter*	1 tbsp	2 tbsp
Oil*		
Salt and Pepper*		

* Pantry items

Allergens

Hey home cooks! Please refer to our meal kit labels for the most current allergen information.

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

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Prep

Add **10 cups water** and **2 tsp salt** to a large pot (**NOTE:** Use same for 4 ppl.) Cover and bring to a boil over high heat. While the water comes to a boil, cut **cauliflower** into bite-sized pieces. Thinly slice **chives**.



Roast cauliflower

Toss **cauliflower** with **1 tbsp oil** (dbl for 4 ppl) on a baking sheet. Season with **half the garlic salt** and **pepper**. Roast in the **middle** of the oven, until golden-brown, 14-16 min.



Cook rigatoni

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



Make sauce

Heat a large non-stick pan over medium heat. When hot, add **1 tbsp butter** (dbl for 4 ppl), then **onions**. Cook, stirring often, until softened, 3-4 min. Sprinkle over **flour** and **remaining garlic salt**. Cook, stirring often, until **onions** are coated, 1 min. Add **½ cup milk** (dbl for 4 ppl), then bring to a boil. Cook, stirring often, until thickened, 1 min. Remove the pan from the heat, then add **spinach**. Stir, until wilted, 1 min.



Finish pasta

Stir **sour cream** and **cheddar cheese** into **sauce**. Season with **salt** and **pepper**. Add **cheese sauce**, **reserved pasta water** and **half the cauliflower** to the pot with the **rigatoni**. Stir until **cheese** melts, 1 min.



Finish and serve

Divide **pasta** between bowls and top with **remaining cauliflower**. Sprinkle over **chives** and **¼ tsp chili flakes**. (**NOTE:** Reference Heat Guide.)

Dinner Solved!