



Cheesy Creamy Cauliflower Pasta

with Baby Spinach

Veggie Optional Spice 30 Minutes



Rigatoni



Cauliflower, florets



Baby Spinach



Onion, chopped



Cheddar Cheese, shredded



All-Purpose Flour



Sour Cream



Garlic Salt



Chili Flakes

HELLO RIGATONI

Grooves on rigatoni catch the creamy, cheesy sauce 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, colander, measuring spoons, measuring cups, large pot, large non-stick pan

Ingredients

	2 Person	4 Person
Rigatoni	170 g	340 g
Cauliflower, florets	285 g	570 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.

Contact

Share your photos #HelloFreshLife
Call or email us | (855) 272-7002
hello@hellofresh.ca
HelloFresh.ca



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. While the **water** comes to a boil, cut **cauliflower** into bite-sized pieces.



2

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.



3

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), then drain and return to same pot, off heat.



4

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.



5

Finish pasta

Stir **sour cream** and **cheddar** 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.



6

Finish and serve

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

Dinner Solved!