



MONSTER MAC 'N' CHEESE

with Cauliflower Brains and Pancetta Zombie Treats



HELLO

CAULIFLOWER BRAINS

The veggie doesn't just look cerebral—it's good for your noggin, too, thanks to its B vitamins.

PREP: 5 MIN | **TOTAL: 30 MIN** | **CALORIES: 700**



Scallions



Cavatappi Pasta
(Contains: Wheat)



Flour
(Contains: Wheat)



Chicken Stock Concentrates



Cauliflower Florets



Pancetta



Milk
(Contains: Milk)



Italian Cheese Blend
(Contains: Milk)

START STRONG

Tucking cauliflower into a creamy cheese sauce is a surefire way to get everyone to eat their veg. You can even save a big pinch of the cheese and sprinkle it on top to make sure every piece is coated.

BUST OUT

- Large pot
- Slotted spoon
- Baking sheet
- Strainer
- Large pan
- Olive oil (2 tsp)
- Butter (2 TBSP)
(Contains: Milk)

INGREDIENTS

Ingredient 4-person

- Scallions 4
- Cauliflower Florets 20 oz
- Cavatappi Pasta 12 oz
- Pancetta 4 oz
- Flour 2 TBSP
- Milk 2 Cups
- Chicken Stock Concentrates 2
- Italian Cheese Blend 1 Cup

HELLO WINE



PAIR WITH

Little Pioneer South Eastern
Australia Chardonnay, 2016

[HelloFresh.com/Wine](https://www.hellofresh.com/wine)



1 ROAST CAULIFLOWER

Wash and dry all produce. Preheat oven to 400 degrees. Bring a large pot of **salted water** to a boil. Trim, then 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 in oven until tender, 20-25 minutes.



2 COOK PASTA

Once water is boiling, add **cavatappi** to pot. Cook, stirring occasionally, until al dente, 9-11 minutes. Drain.



3 CRISP PANCETTA

Meanwhile, heat a large pan over medium-high heat (use an ovenproof pan if you have one). Add **pancetta** and **scallion whites**. Cook, tossing, until crisp and browned at edges, 4-5 minutes. Remove from pan with a slotted spoon, keeping as much oil in pan as possible.



4 MAKE CHEESE SAUCE

Melt **2 TBSP butter** in same pan over medium heat, then add **flour**. Stir constantly until flour loses its raw smell, 1-2 minutes. Slowly pour in **2 cups milk** (we sent more), whisking to combine. Stir in **chicken stock concentrates** and let simmer until thickened, 1-2 minutes. Remove pan from heat, then stir in **cheese**. Season with **salt** and **pepper**.



5 BAKE MAC 'N' CHEESE

Stir **cavatappi**, **pancetta mixture**, and **3/4 of the cauliflower** into sauce in pan. (**TIP:** If your pan is not ovenproof, transfer mixture to a lightly oiled baking dish at this point.) Scatter remaining cauliflower over top. Bake in oven until bubbly, 5-7 minutes.

6 PLATE AND SERVE

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

FRESH TALK

If you had a magic wand, what is the first spell you would cast?

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