



Cauliflower Rigatoni Cheese with Rocket Salad

Classic 30-35 Minutes • 1 of your 5 a day • Veggie

21



Onion



Cheddar Cheese



Cauliflower Florets



Dried Oregano



Rigatoni Pasta



Panko Breadcrumbs



Plain Flour



Vegetable Stock Paste



Creme Fraiche



Red Wine Vinegar



Rocket

Before you start

Our fruit and veggies need a little wash before you use them!

Cooking tools, you will need:

Saucepan, Grater, Baking Tray, Colander, Bowl, Frying Pan and Ovenproof Dish.

Ingredients

	2P	3P	4P
Onion**	1	1	2
Cheddar Cheese** (7)	90g	135g	180g
Cauliflower Florets**	300g	450g	600g
Dried Oregano	1 sachet	1 sachet	2 sachets
Rigatoni Pasta 13)	180g	270g	360g
Panko Breadcrumbs 13)	50g	75g	100g
Olive Oil for the Crumb*	1 tbsp	1½ tbsp	2 tbsp
Oil for the Flour*	1 tbsp	1½ tbsp	2 tbsp
Plain Flour 13)	16g	24g	32g
Water*	250ml	375ml	500ml
Vegetable Stock Paste 10)	10g	15g	20g
Creme Fraiche** 7)	150g	150g	300g
Red Wine Vinegar 14)	1 sachet	1½ sachets	2 sachets
Rocket**	40g	80g	80g
Olive Oil for the Dressing*	2 tbsp	3 tbsp	4 tbsp

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	494g	100g
Energy (kJ/kcal)	4381 / 1047	887 / 212
Fat (g)	58	12
Sat. Fat (g)	23	5
Carbohydrate (g)	105	21
Sugars (g)	11	2
Protein (g)	33	7
Salt (g)	2.12	0.43

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk 10) Celery 13) Gluten 14) Sulphites

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

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Get Prepped

Preheat your oven to 200°C. Bring a large saucepan of **water** to the boil with ½ **tsp** of **salt** for the **pasta**. Halve, peel and thinly slice the **onion**. Grate the **Cheddar cheese**.



Sauce Time

Meanwhile, heat a large frying pan over medium-high heat. Add the **oil** (see ingredients for amount) and the **onion**. Cook until softened and golden, 5-6 mins, then stir in the **flour**. Cook until it forms a paste consistency, 1-2 mins. Gradually, stir in the **water** (see ingredients for amount) and the **stock paste**. Bring to the boil, then reduce the heat slightly and simmer until thickened, 1-2 mins, stirring continuously. Mix in the **creme fraiche**, then remove from the heat.



Roast the Cauli

Pop the **cauliflower florets** on a baking tray and drizzle with **oil**. Season with **salt** and **pepper** and sprinkle over the **dried oregano**. Toss to coat then roast on the top shelf of your oven until golden and tender, 15-20 mins.



Bake

Add the **Cheddar** to the **sauce** and stir until melted. Taste and add **salt** and **pepper** if needed. Add the **cooked pasta** and **cauliflower** to the **sauce** and stir to combine with a splash of **water** to loosen if you need to. Pour into a medium-sized ovenproof dish. Sprinkle the **crumbs** evenly over the top, then bake on the top shelf of your oven until the **crumbs** are golden, 8-10 mins. Once cooked, remove from your oven.



Cook the Pasta

Meanwhile, once the **water** is boiling, add the **rigatoni** to the **water**. Simmer until cooked, 12 mins. Once cooked, drain in a colander, pop back in the pan and stir through a little **oil** to stop it sticking together. Pop the **panko breadcrumbs** into a bowl and add the **olive oil for the crumb** (see ingredients for amount). Season with **salt** and **pepper** and mix together.



Salad and Serve

While the **pasta** bakes, pop the **red wine vinegar** into a medium bowl and add the **olive oil for the dressing** (see ingredients for amount) and a pinch of **sugar**. Season with **salt** and **pepper** and mix together. Once the **pasta** is cooked, add the **rocket** to the **dressing** and toss to coat. Serve the **cauliflower rigatoni cheese** with the **salad** alongside.

Enjoy!

There may be changes to ingredients in recipes:

Allergens: Always check the packaging of individual products/ingredients for up to date information.

Missing Ingredients: You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.