



Cauliflower Rigatoni Cheese with Rocket Salad

Classic 30 Minutes

19



Red Onion



Mature Cheddar
Cheese



Cauliflower
Florets



Italian Style
Herbs



Rigatoni Pasta



Panko Breadcrumbs



Plain Flour



Vegetable
Stock Paste



Creme Fraiche



Cider Vinegar



Rocket



Bacon Lardons

CUSTOM RECIPE

This is a Custom Recipe. If you chose to swap, upgrade or double up on protein, then just follow the instructions on the back of this card. Happy cooking!

Before you start

Our fruit and veggies need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Saucepan, grater, baking tray, colander, bowl, frying pan and ovenproof dish.

Ingredients

	2P	3P	4P
Red Onion**	1	1	2
Mature Cheddar Cheese** 7)	90g	135g	180g
Cauliflower Florets**	300g	450g	600g
Italian Style Herbs	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 Roux*	1 tbsp	1½ tbsp	2 tbsp
Plain Flour 13)	16g	24g	32g
Water for the Sauce*	250ml	375ml	500ml
Vegetable Stock Paste 10)	10g	15g	20g
Creme Fraiche** 7)	150g	150g	300g
Cider Vinegar 14)	1 sachet	1½ sachets	2 sachets
Olive Oil for the Dressing*	2 tbsp	3 tbsp	4 tbsp
Rocket**	40g	80g	80g
Bacon Lardons**	90g	120g	180g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	495g	100g
Energy (kJ/kcal)	4624 /1105	933 /223
Fat (g)	61	12
Sat. Fat (g)	28	6
Carbohydrate (g)	105	21
Sugars (g)	13	3
Protein (g)	32	6
Salt (g)	2.43	0.49

Custom Recipe	Per serving	Per 100g
for uncooked ingredient	541g	100g
Energy (kJ/kcal)	5123 /1224	947 /226
Fat (g)	70	13
Sat. Fat (g)	31	6
Carbohydrate (g)	107	20
Sugars (g)	13	2
Protein (g)	39	7
Salt (g)	3.65	0.68

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

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


Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites. Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

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Get Prepped

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



Sauce Time

Heat the **oil for the roux** (see ingredients for amount) in a large frying pan on medium-high heat. When the **oil** is hot, add in the **onion** and cook until softened, 5-6 mins. Then stir in the **flour** and cook until it forms a paste, 1-2 mins - you've made a **roux!** Gradually stir in the **water for the sauce** (see ingredients for amount) and the **vegetable stock paste**. Bring to the boil, stir and simmer until thickened, 1-2 mins. Stir in the **creme fraiche**, then remove from the heat.

CUSTOM RECIPE

If you've added **bacon lardons** to your recipe, add them to the pan after adding the **oil**. Stir-fry until golden, 3-4 mins, then add the **onion** and continue as instructed. **IMPORTANT:** *Wash your hands and equipment after handling raw meat. Cook lardons thoroughly.*



Roast the Cauli

Halve any large **cauliflower florets**. Pop the **florets** onto a baking tray. Drizzle with **oil**, season with **salt** and **pepper** then sprinkle over the **Italian style herbs**. Toss to coat then spread out in a single layer. When the oven is hot, roast on the top shelf until golden and tender, 15-20 mins. Turn halfway through.



Ready, Steady, Bake

Add the **Cheddar** to the **sauce** and stir until melted. Taste and add **salt** and **pepper** if needed. Stir the **cooked pasta** and **roasted cauliflower** through the **sauce** with a splash of **water** to loosen if you need to. Spoon into a medium-sized ovenproof dish and sprinkle the **crumbs** evenly over the top. Bake on the top shelf of your oven until the **crumbs** are golden, 8-10 mins.



Cook the Pasta

Meanwhile, when your pan of **water** is boiling, add the **rigatoni** and bring back to the boil. Cook until tender, 12 mins. Once cooked, drain in a colander and pop back in the pan. Drizzle with **oil** and stir through to stop it sticking together. While the **pasta** cooks, pop the **panko breadcrumbs** into a medium bowl and add the **olive oil for the crumb** (see ingredients for amount). Season with **salt** and **pepper**, mix together, then set aside.



Finish and Serve

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

Enjoy!