



# Creamy Cauliflower Rigatoni Cheese with Balsamic Glazed Rocket

**Classic** 25-30 Minutes • 1 of your 5 a day • Veggie

20



Mature Cheddar  
Cheese



Cauliflower



Dried Oregano



Rigatoni Pasta



Vegetable Stock  
Paste



Dijon Mustard



Creme Fraiche



Rocket



Balsamic Glaze

**Pantry Items**  
Olive Oil, Plain Flour

## 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 and colander.

## Ingredients

	2P	3P	4P
Mature Cheddar Cheese** 7)	120g	165g	240g
Cauliflower**	1	1	2
Dried Oregano	1 sachet	1 sachet	2 sachets
Rigatoni Pasta 13)	180g	270g	360g
Olive Oil for the Roux*	1½ tbsp	2 tbsp	3 tbsp
Plain Flour*	2 tbsp	3 tbsp	4 tbsp
Water for the Sauce*	325ml	480ml	650ml
Vegetable Stock Paste 10)	10g	15g	20g
Dijon Mustard 9) 14)	10g	15g	20g
Crème Fraîche** 7)	75g	150g	150g
Rocket**	20g	40g	40g
Balsamic Glaze 14)	1 sachet	2 sachets	2 sachets

\*Not Included \*\*Store in the Fridge

## Nutrition

	Per serving	Per 100g
for uncooked ingredient	505g	100g
Energy (kJ/kcal)	3762/899	746/178
Fat (g)	43.8	8.7
Sat. Fat (g)	22.3	4.4
Carbohydrate (g)	86.7	17.2
Sugars (g)	14.2	2.8
Protein (g)	35.1	7.0
Salt (g)	2.50	0.50

Nutrition for uncooked ingredients based on 2 person recipe.

## Allergens

7) Milk 9) Mustard 10) Celery 13) Cereals containing 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.

## Contact

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1



## Get Prepped

Preheat your oven to 220°C/200°C fan/gas mark 7.

Bring a large saucepan of **water** to the boil with **½ tsp salt** for the **pasta**.

Grate the **Cheddar cheese**.

2



## Roast the Cauliflower

Cut the **cauliflower** into florets (like small trees). Halve any large florets, then pop onto a baking tray.

Drizzle with **oil**, season with **salt** and **pepper**, then sprinkle over the **dried oregano**. 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.

3



## Cook the Pasta

Meanwhile, add the **rigatoni** to your pan of **boiling water** 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.

4



## Start the Sauce

While the **pasta** cooks, heat the **olive oil for the roux** (see ingredients for amount) in a large saucepan on medium-high heat.

When the **oil** is hot, 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), **vegetable stock paste** and **Dijon mustard**, then bring to the boil and simmer until thickened, 1-2 mins.

5



## Combine and Stir

Once the **sauce** has thickened, stir in the **crème fraîche**, then remove from the heat.

Add the **Cheddar cheese** and stir until melted.

Taste and season with **salt** and **pepper** if needed.

Stir the **cooked pasta** and **roasted cauliflower** through the **sauce** with a splash of **water** to loosen if you feel it needs it.

6



## Finish and Serve

When ready, pop the **rocket** into a bowl. Drizzle with a little **oil**, season with **salt** and **pepper**, then toss to coat.

Share the **cauliflower rigatoni cheese** between your bowls and serve the **rocket** alongside, drizzled with the **balsamic glaze**.

Enjoy!