



Creamy Cauliflower Rigatoni Cheese

with Balsamic Glazed Rocket

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

4



Mature Cheddar Cheese



Cauliflower Florets



Dried Oregano



Rigatoni Pasta



Vegetable Stock Paste



Dijon Mustard



Creme Fraiche



Balsamic Glaze



Rocket

Pantry Items

Oil, Salt, Pepper, Butter, 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, colander and bowl.

Ingredients

Ingredients	2P	3P	4P
Mature Cheddar Cheese** 7)	120g	165g	240g
Cauliflower Florets**	300g	450g	600g
Dried Oregano	1 sachet	1 sachet	2 sachets
Rigatoni Pasta 13)	180g	270g	360g
Vegetable Stock Paste 10)	10g	15g	20g
Dijon Mustard 9) 14)	10g	15g	15g
Creme Fraiche** 7)	75g	150g	150g
Balsamic Glaze 14)	1 sachet	2 sachets	2 sachets
Rocket**	20g	40g	40g

Pantry	2P	3P	4P
Butter for the Roux*	20g	30g	40g
Plain Flour*	2 tbsp	3 tbsp	4 tbsp
Water for the Sauce*	325ml	480ml	650ml

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	384g	100g
Energy (kJ/kcal)	3669 / 877	957 / 229
Fat (g)	44.9	11.7
Sat. Fat (g)	26.4	6.9
Carbohydrate (g)	82.4	21.5
Sugars (g)	11.3	2.9
Protein (g)	32.8	8.5
Salt (g)	2.66	0.69

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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The Fresh Farm

60 Worship St, London EC2A 2EZ

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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**.



Start the Sauce

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

When the **butter** is hot, stir in the **flour** (see ingredients for amount) 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.



Roast the Cauliflower

Halve any large **cauliflower 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.



Combine and Stir

Once the **sauce** has thickened, stir in the **creme fraiche**, 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.



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.



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!