

Cheesy Cauliflower Pasta Bake

with Buttery Garlic Bread & Salad

VEGGIE FAVES

NEW

Grab your meal kit
with this number

33



Recipe Update

We've replaced the fusilli in this recipe with orecchiette due to local ingredient availability. It'll be just as delicious, just follow your recipe card!



Cauliflower



Orecchiette



Garlic



Thyme



Carrot



Garlic & Herb
Seasoning



Light Cooking
Cream



Cheddar Cheese



Bake-At-Home
Ciabatta



Mixed Salad
Leaves



Parmesan
Cheese



Diced
Bacon

Prep in: 20-30 mins
Ready in: 40-50 mins

Dig into this rich, creamy bake packed with tender cauliflower, al dente pasta and most importantly... a generous scattering of golden cheese! Team with some crispy, garlic ciabatta and a simple yet satisfying salad for a trio of dishes with something for everyone.

Pantry items

Olive Oil, Butter, Plain Flour, Milk, White Wine Vinegar

Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Oven tray lined with baking paper · Medium saucepan · Medium or large baking dish

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
cauliflower	1 large portion	2 large portions
orecchiette	1 medium packet	2 medium packets
garlic	3 cloves	6 cloves
thyme	1 packet	1 packet
carrot	1	2
butter* (for the garlic bread)	20g	40g
butter* (for the sauce)	20g	40g
plain flour*	1 tbs	2 tbs
garlic & herb seasoning	1 medium sachet	1 large sachet
light cooking cream	1 medium packet	1 large packet
milk*	½ cup	¾ cup
salt*	¼ tsp	½ tsp
Cheddar cheese	1 large packet	2 large packets
bake-at-home ciabatta	1	2
white wine vinegar*	drizzle	drizzle
mixed salad leaves	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4788kJ (1144cal)	396kJ (95cal)
Protein (g)	34g	2.8g
Fat, total (g)	47.1g	3.9g
- saturated (g)	24.9g	2.1g
Carbohydrate (g)	142.7g	11.8g
- sugars (g)	20g	1.7g
Sodium (mg)	1791mg	148.1mg
Dietary Fibre (g)	13.9g	1.1g

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

We're here to help!

Scan here if you have any questions or concerns

2024 | CW40



1 Roast the cauliflower

- Preheat oven to **240°C/220°C fan-forced**. Boil the kettle.
- Chop **cauliflower** into small florets including the stalk.
- Place **cauliflower** on a lined oven tray. Drizzle with **olive oil** and season with **salt** and **pepper**.
- Toss to coat. Roast until tender and brown around the edges, **20-25 minutes**.



4 Make the pasta bake

- Return the saucepan to medium-high heat with a drizzle of **olive oil**. Add the **butter (for the sauce)**, **plain flour**, **garlic & herb seasoning** and the remaining **garlic**, then cook until fragrant, **1-2 minutes**.
- Stir in **light cooking cream**, the **milk**, **salt** and the **reserved pasta water**, and simmer until slightly thickened, **1-2 minutes**.
- Remove from the heat, then stir through **roasted cauliflower**, **thyme** and **cooked pasta**. Season with **pepper**.
- Transfer **pasta** to a baking dish. Top with **Cheddar cheese**. Bake until cheese is melted and golden, **8-10 minutes**.



2 Cook the pasta

- While the cauliflower is roasting, half-fill a medium saucepan with the boiling water and a generous pinch of **salt**. Cook **orecchiette** in the boiling water until 'al dente', **8 minutes**.
- Reserve some **pasta water** (½ cup for 2 people / ¾ cup for 4 people). Drain **orecchiette**, drizzle with **olive oil** and set aside.

TIP: 'Al dente' pasta is cooked through but still slightly firm in the centre.



5 Make the garlic bread

- While pasta is baking, slice **bake-at-home ciabatta** in half lengthways, then slice each half diagonally.
- Brush **garlic butter** over cut sides of the **ciabatta**, then place directly on wire racks in the oven and bake until heated through, **5 minutes**.
- Meanwhile, in a medium bowl, combine a drizzle of **white wine vinegar** and **olive oil**. Season with **salt** and **pepper**.
- Add **mixed salad leaves** and **carrot** and toss to combine.



3 Get prepped

- Meanwhile, finely chop **garlic**. Pick **thyme** leaves. Using a vegetable peeler, peel **carrot** into ribbons.
- Place the **butter (for the garlic bread)** and half the **garlic** in a small heatproof bowl and microwave in **10 second** bursts until melted. Season with **salt** and set aside.



6 Serve up

- Divide cheesy cauliflower pasta bake between serving plates.
- Serve with buttery garlic bread and salad. Enjoy!

CUSTOM OPTIONS

+ **ADD PARMESAN CHEESE**
Sprinkle over before serving.

+ **ADD DICED BACON**
Before cooking sauce, cook diced bacon, breaking up with a spoon, until browned, 4-5 minutes. Continue with recipe.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

