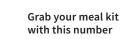


Cheesy Cauliflower Pasta Bake with Buttery Garlic Bread & Salad

VEGGIE FAVES

NEW









Orecchiette





Thyme



Carrot

Seasoning



Light Cooking

Cheddar Cheese



Bake-At-Home



Ciabatta

Mixed Salad Leaves



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!



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

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*	⅓ cup	⅔ cup
salt*	1/4 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

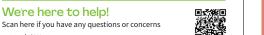
Avg Qty	Per Serving	Per 100g
Energy (kJ)	4788kJ (1144cal)	396kJ (95cal)
Protein (g)	34g	2.8g
Fat, total (g)	47.1g	3.9g
- saturated (g)	24.9g	2.1g
Carbohydrate (g)	142.7g	11.8g
- sugars (g)	20g	1.7g
Sodium (mg)	1791mg	148.1mg
Dietary Fibre (g)	13.9g	1.1g

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.





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.



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 (1/3 cup for 2 people / ²/₃ 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.



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.



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.



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.



Serve up

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

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.

