



CREAMY CAULIFLOWER & BACON PENNE

with Garden Salad



Hide cauliflower in
a cheesy pasta



Cauliflower



Spring Onion



Lemon



Penne



Bacon



Thickened Cream



Grated Parmesan
Cheese



Chicken Stock



Cucumber



Tomato



Mixed Salad
Leaves



Hands-on: **30** mins
Ready in: **35** mins

With its creamy sauce and classic pasta, mac 'n' cheese is the ultimate winning family dish – but it needs a little help to transform it into a filling meal. So, we've added chunks of bacon and golden roasted cauliflower to take this classic to the next level, plus a fresh side salad to contrast the rich sauce.

Pantry Staples: Olive Oil, Butter,
Plain Flour, Honey

BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:

- **large saucepan** • **oven tray** lined with **baking paper** • **large frying pan**



1 ROAST THE CAULIFLOWER

Preheat the oven to **220°C/200°C fan-forced**. Bring a large saucepan of salted water to the boil. Cut the **cauliflower** into small florets and place on an oven tray lined with baking paper. **Drizzle** with **olive oil** and season with a **pinch** of **salt** and **pepper**. Toss to coat, then roast until tender, **20-25 minutes**.



4 MAKE THE CREAMY SAUCE

Add the **lemon** zest, **butter** and white parts of the **spring onion** to the **bacon** and cook until fragrant, **1 minute**. Add the **plain flour** and cook, stirring, until the 'raw' smell has cooked off, **1 minute**. Reduce the heat to low and add the **thickened cream** and **grated Parmesan cheese**. Crumble in 1 **chicken stock** cube and stir until combined. Add the cooked **penne** and roasted **cauliflower** to the sauce. Season to taste with **pepper**. Stir through the green parts of the **spring onion** (or reserve and sprinkle over the adults' portions). Add **1/4 cup** of reserved pasta water and stir to combine. Add more pasta water if needed.



2 COOK THE PASTA

While the cauliflower is roasting, thinly slice the **spring onion**, keeping the white and green parts separate. Zest the **lemon** to get a **generous pinch**. Add the **penne** to the boiling water and cook, stirring occasionally, until 'al dente', **9 minutes**. Reserve **1/2 cup** of cooking water, then drain the pasta, return to the pan and **drizzle** with **olive oil** to prevent sticking.



5 MAKE THE SALAD

Juice the **lemon**. Slice the **cucumber** into half-moons. Roughly chop the **tomato**. In a large bowl, combine **2 tsp lemon** juice with the **honey** and a **drizzle** of **olive oil**. Season with **salt** and **pepper** and mix well. Add the **mixed salad leaves**, **cucumber** and **tomato** to the bowl with the dressing and toss to coat. **TIP:** Toss the salad just before serving to keep the leaves crisp.



3 COOK THE BACON

While the pasta is cooking, cut the **bacon** into 1cm pieces. Heat a **drizzle** of **olive oil** in a large frying pan over a medium-high heat. Add the **bacon** and cook, stirring occasionally, until golden, **6-7 minutes**.



6 SERVE UP

Divide the cauliflower and bacon creamy penne between bowls and serve the salad on the side. Sprinkle any reserved spring onion over the adults' portions.

TIP: For kids, follow our serving suggestion in the main image.

ENJOY!

4-5 PEOPLE INGREDIENTS

	4-5P
olive oil*	refer to method
cauliflower	1 portion
spring onion	1 bunch
lemon	1
penne	2 packets
bacon	1 packet
butter*	20 g
plain flour*	1 tsp
thickened cream	2 packets (300 ml)
grated Parmesan cheese	4 packets (120 g)
chicken stock	1 cube
cucumber	1
tomato	1
honey*	1 tsp
mixed salad leaves	1 bag (60 g)

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	3980kJ (950Cal)	870kJ (208Cal)
Protein (g)	33.3g	7.3g
Fat, total (g)	51.7g	11.3g
- saturated (g)	31.3g	6.9g
Carbohydrate (g)	78.5g	17.2g
- sugars (g)	7.9g	1.7g
Sodium (g)	1040mg	227mg

For allergens and ingredient information, visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo)

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