

CREAMY CAULIFLOWER & BACON PENNE

with Garden Salad







Cauliflower











Bacon

Thickened Cream





Grated Parmesan Cheese

Chicken Stock



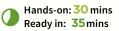
9



Cucumber

Mixed Salad Leaves

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



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.

N4

BEFORE YOU = STAR

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



ROAST THE CAULIFLOWER

Preheat the oven to 220°C/200°C fanforced. 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.



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.



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.



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.



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 OF 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	
plive oil*	refer to method	
cauliflower	1 portion	
spring onion	1 bunch	
emon	1	
penne	2 packets	
pacon	1 packet	
butter*	20 g	
olain flour*	1 tsp	
hickened cream	2 packets (300 ml)	
grated Parmesan cheese	4 packets (120 g)	
chicken stock	1 cube	
cucumber	1	
comato	1	
honey*	1 tsp	
nixed salad leaves	1 bag (60 g)	
5		

*Pantry Items

NUTRITION PER SERVING PER 100G

	I ER SERVING	I ER IOOO
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

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