



More than Food

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Cauliflower Mac & Cheese

with Balsamic-Arugula Salad

It's hard to improve upon the classic mac and cheese, but we think that nutty, roasted cauliflower makes an excellent addition. Reduced-fat milk and a tangy side salad make this comfort food winner just a bit more virtuous.

45 min

level 2

veggie

nut free



Cauliflower



Macaroni



Italian Cheese Blend



Scallions



Arugula



Reduced Fat Milk



Vegetable Stock Concentrate



Flour



Balsamic Vinegar

Ingredients

	2 People	4 People	
Cauliflower	1 head	2 heads	
Macaroni	2)	6 oz	12 oz
Italian Cheese Blend	1)	1 C	2 C
Scallions	2	4	
Arugula	2 oz	4 oz	
Reduced Fat Milk	1)	1 C	2 C
Vegetable Stock Concentrate	1	2	
Balsamic Vinegar	2 T	4 T	
Flour	2)	2 T	4 T
Butter*	1)	2 T	4 T
Olive Oil*	1 t	2 t	

*Not Included

Allergens

- 1) Milk
- 2) Wheat

Tools

Large Pot,
Baking Sheet, Baking Dish,
Medium Pan, Strainer,
Medium Bowl, Whisk

Ruler

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Nutrition per person Calories: 933 cal | Carbs: 97 g | Fat: 42 g | Protein: 47 g | Fiber: 9 g | Sodium: 1136 mg

2



1 Preheat the oven to 400 degrees. Bring a large pot of **water** with a large pinch of **salt** to a boil. Once boiling, add the **macaroni** to the water and cook for 8-10 minutes until al dente. Drain.

HINT: Toss the drained macaroni with a drizzle of olive oil to prevent it from sticking.

2 Cut the **cauliflower** into bite-sized florets. Thinly slice the **scallions**, keeping the greens and whites separate.

3



3 Place the **cauliflower** on a baking sheet and season with **salt** and **pepper**. Place the baking sheet in the oven for 20-25 minutes until golden brown and tender.

4



4 **Make the cheese sauce:** heat **2 Tablespoons butter** in a medium pan over medium heat. Add the **scallion whites** to the pan and cook, tossing, for 1-2 minutes until softened. Add the **flour** into the pan and cook, whisking constantly, for 1-2 minutes. Very slowly whisk the **milk** into the pan a little bit at a time until fully combined. Add the **stock concentrate** to the pan and bring the mixture to a simmer for 1-2 minutes, until thickened. Remove the pan from the heat and stir in the **cheese**. Season with **salt** and **pepper** (to taste).

5



5 Stir the **macaroni** and **3/4 of the cauliflower** into the **cheese sauce** then transfer the mixture to a lightly oiled baking dish (we used an 8x8 inch dish). Top with the **remaining cauliflower**, then transfer the dish to the oven to bake for 5-7 minutes until bubbling.

6 Toss the **arugula** in a medium bowl with **1 Tablespoon balsamic** and a drizzle of **olive oil**. Season with **salt** and **pepper**.

7 Garnish the **macaroni and cheese** with **scallion greens** and serve alongside the **balsamic-arugula salad**. Enjoy!