



Chicken Mac and Cheese

with Roasted Squash and Chives

FAMILY 20 Minutes



Chicken Tenders



Cavatappi



Heavy Cream



Butternut Squash, cubes



Onion, chopped



Cheddar Cheese, shredded



Cauliflower, florets



Chives



Chili Flakes



All-Purpose Flour

HELLO PRE-CUT VEGGIES

Take all the fuss out of dinner with high-quality pre-cut squash, onions and cauliflower!

START HERE

- Before starting, bring a large pot with 10 cups water to a boil.
- Wash and dry all produce.

Bust Out

Large Non-Stick Pan, Baking Sheet, Large Pot, Measuring Cups & Spoons, Strainer, Paper Towels, Parchment Paper

Ingredients

	4 Person
Chicken Tenders	680 g
Cavatappi	340 g
Heavy Cream	273 ml
Butternut Squash, cubes	170 g
Onion, chopped	113 g
Cheddar Cheese, shredded	1 cup
Cauliflower, florets	285 g
Chives	7 g
Chili Flakes 🌶️	1 tsp
All-Purpose Flour	2 tbsp
Butter*	4 tbsp
Oil*	
Salt and Pepper*	

* Pantry items

** Cook to a minimum internal temperature of 74°C/165°F, as size may vary.

Allergens

Hey home cooks! Please refer to our meal kit labels for the most current allergen information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

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1. BROIL SQUASH and CAULIFLOWER

Cut **cauliflower** into bite-sized pieces. Toss **squash** and **cauliflower** with **2 tbsp oil** on a parchment-lined baking sheet. Season with **salt** and **pepper**. Broil in **middle** of oven, until golden-brown, 10-12 min.



4. COOK CHICKEN

Heat a large non-stick pan over medium-high heat. When hot, add **2 tbsp butter**, then the **chicken**. Cook, turning pieces over occasionally, until cooked through, 5-6 min. **** (TIP: Don't overcrowd the pan, cook the chicken in two batches if needed!)**



2. COOK PASTA

While **squash** and **cauliflower** cooks, add **cavatappi** to the pot of **boiling water**. Cook, uncovered, stirring occasionally, until tender, 10-12 min. Reserve **½ cup pasta water**. Drain, then return to the same pot. Set aside, off heat.



5. MAKE SAUCE

Add **onions** to the pan with **chicken**. Cook, stirring occasionally, until softened, 1-2 min. Sprinkle over **flour**. Cook, stirring often, until coated, 1 min. Add **cream** and bring to a boil. Cook, stirring often, until thickened, 1 min.



3. PREP

Meanwhile thinly slice **chives**. Pat **chicken** dry with paper towels and cut **tenders** in half. Season with **salt** and **pepper**.



6. FINISH AND SERVE

Add **chicken** and **cream sauce**, **cheese**, **reserved pasta water**, **2 tbsp butter** and **half the squash** and **cauliflower** to the pot with **cavatappi**. Stir until **cheese** melts, 1 min. Divide between bowls and top with **remaining squash** and **cauliflower**. Sprinkle over **chives** and **¼ tsp chili flakes** if desired.

Dinner Solved!