



# Creamy Cauliflower & Bacon Penne

with Pear Salad & Parmesan Cheese

Grab your Meal Kit with this symbol



Cauliflower



Brown Onion



Garlic



Cucumber



Pear



Penne



Diced Bacon



Longlife Cream



Grated Parmesan Cheese



Chicken-Style Stock Powder



Mixed Salad Leaves

Hands-on: 30-40 mins  
Ready in: 35-45 mins

Mac 'n' cheese is the ultimate family side dish – but it needs a little help to transform it into a satisfying meal. So, we've added bacon and golden roasted cauliflower to take this classic to the next level, plus a green salad to contrast the rich sauce.

*Unfortunately, this week's fusilli was in short supply, so we've replaced it with penne. Don't worry, the recipe will be just as delicious!*

## Pantry items

Olive Oil, Butter, Plain Flour, Vinegar (White Wine or Balsamic), Honey

## Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

## You will need

Large saucepan · Oven tray lined with baking paper · Large frying pan

## Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
cauliflower	1 portion (200g)	1 portion (400g)
brown onion	1 (medium)	1 (large)
garlic	2 cloves	4 cloves
cucumber	1 (medium)	1 (large)
pear	½	1
penne	1 packet	2 packets
diced bacon	1 packet	1 packet
butter*	10g	20g
plain flour*	½ tsp	1 tsp
longlife cream	½ bottle	1 bottle
grated Parmesan cheese	2 packets (60g)	4 packets (120g)
chicken-style stock powder	½ sachet	1 sachet
vinegar* (white wine or balsamic)	1 tsp	2 tsp
honey*	½ tsp	1 tsp
mixed salad leaves	1 bag (30g)	1 bag (60g)

\*Pantry Items

## Nutrition

	Per Serving	Per 100g
Energy (kJ)	3949kJ (943Cal)	758kJ (181Cal)
Protein (g)	34.8g	6.7g
Fat, total (g)	49g	9.4g
- saturated (g)	27.8g	5.3g
Carbohydrate (g)	86.3g	16.6g
- sugars (g)	15.9g	3.1g
Sodium (mg)	967mg	186mg

## Allergens

Always read product labels for the most up-to-date allergen information.

Visit [hellofresh.co.nz/foodinfo](https://hellofresh.co.nz/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



## 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 **salt** and **pepper**. Toss to coat, then roast until tender, **20-25 minutes**.

**TIP:** Cut the cauliflower to size so it cooks in time!



## Make the creamy sauce

Add the **onion**, **garlic** and the **butter** 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, then add the **longlife cream** (see ingredients) and **grated Parmesan cheese**. Add the **chicken-style stock powder** (1/2 sachet for 2 people / 1 sachet for 4 people) and stir until combined. Add the cooked **penne** and roasted **cauliflower**, then gently stir to coat. Season with **pepper**.

**TIP:** Add a dash of the reserved pasta water if the sauce seems too thick.



## Cook the penne

While the cauliflower is roasting, thinly slice the **brown onion**. Finely chop the **garlic**. Thinly slice the **cucumber** into half-moons. Thinly slice the **pear** (see ingredients). Cook the **penne** in the boiling water, stirring occasionally, until 'al dente', **10 minutes**. Reserve some **pasta water**, then drain the **pasta** and return to the pan. Drizzle with **olive oil** to prevent sticking.

**TIP:** 'Al dente' pasta is cooked through but still slightly firm in the centre.



## Make the salad

In a large bowl, combine the **vinegar**, **honey** and a drizzle of **olive oil**. Season with **salt** and **pepper**. Add the **mixed salad leaves**, **cucumber** and **pear**. Toss to coat.



## Cook the bacon

When the cauliflower has **10 minutes** cook time remaining, heat a large frying pan over a medium-high heat with a drizzle of **olive oil**. Cook the **diced bacon**, stirring occasionally, until golden, **5-6 minutes**.



## Serve up

Divide the creamy cauliflower and bacon penne between bowls. Serve with the pear salad.

**Enjoy!**