



More than Food

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## Cauliflower and Pancetta Mac & Cheese

Everyone has their own favorite spin on the classic mac and cheese, but prepare to make room on your roster for this one. When it comes to cooking, a little pancetta makes everything better. Reduced fat milk and cauliflower make this comfort food just a bit more virtuous.

45 min

level 2

nut free



Pancetta, diced



Cauliflower



Scallions



Macaroni



Italian Cheese Blend



Flour



Reduced Fat Milk



Chicken Stock Concentrate

## Ingredients

		2 People	4 People
Pancetta, diced		4 oz	8 oz
Cauliflower		1 head	2 heads
Scallions		2	4
Macaroni	1)	6 oz	12 oz
Italian Cheese Blend	2)	4 oz	8 oz
Flour	1)	2 T	4 T
Reduced Fat Milk	2)	1 C	2 C
Chicken Stock Concentrate		1	2
Butter*	2)	2 T	4 T

\*Not Included

## Allergens

- 1) Wheat
- 2) Milk

## Tools

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

**Nutrition per person** Calories: 1057 cal | Carbs: 93 g | Fat: 54 g | Protein: 55 g | Fiber: 9 g | Sodium: 1598 mg

Ruler

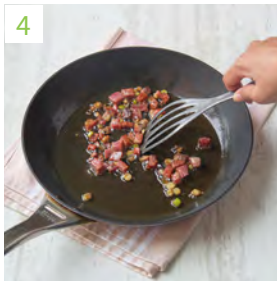
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**1** Preheat the oven to 400 degrees. Bring a large pot of **water** with a large pinch of **salt** to a boil. Once boiling, add the **macaroni** to the water and cook for 8-10 minutes until al dente. Drain.

**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** 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** Heat a medium pan over medium heat. Add the **pancetta** and **scallion whites** to the pan and cook, tossing, for 4-6 minutes until the pancetta is crispy. Set aside, leaving as much oil in the pan as possible.



**5** **Make the cheese sauce:** heat **2 Tablespoons butter** in the same pan over medium heat. Once melted, add the **flour** into the **butter** and cook, whisking constantly, for 1-2 minutes. Very slowly whisk the **milk** into the pan a little bit at a time until 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).



**6** Stir the **macaroni, pancetta mixture**, and  $\frac{3}{4}$  of the **cauliflower** into the **cheese sauce**. Transfer the mixture into 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.

**7** Garnish the **macaroni and cheese** with **scallion greens** and enjoy!