



# Creamy Cauliflower & Bacon Fusilli

with Pear Salad & Parmesan Cheese

Grab your Meal Kit with this symbol



Cauliflower



Brown Onion



Garlic



Pear



Fusilli



Diced Bacon



Longlife Cream



Grated Parmesan Cheese



Chicken-Style Stock Powder



Mixed Salad Leaves



Prosciutto

Hands-on: **25-35 mins**  
Ready in: **30-40 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.



**CUSTOM RECIPE** If you chose to swap, upgrade or add protein, follow the custom recipe steps.

### 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 · 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
pear	1	2
fusilli	1 packet	2 packets
diced bacon	1 packet	1 packet
butter*	10g	20g
plain flour*	½ tsp	1 tsp
longlife cream	½ bottle (125ml)	1 bottle (250ml)
grated Parmesan cheese	1 packet (60g)	2 packets (120g)
chicken-style stock powder	½ sachet (2.5g)	1 sachet (5g)
vinegar* (white wine or balsamic)	1 tsp	2 tsp
honey*	½ tsp	1 tsp
mixed salad leaves	1 bag (30g)	1 bag (60g)
prosciutto**	1 packet	2 packets

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Base Recipe		
Avg Qty	Per Serving	Per 100g
Energy (kJ)	4009kJ (958Cal)	849kJ (203Cal)
Protein (g)	34.5g	7.3g
Fat, total (g)	48.9g	10.4g
- saturated (g)	27.8g	5.9g
Carbohydrate (g)	90.1g	19.1g
- sugars (g)	14.7g	3.1g
Sodium (mg)	1196mg	253mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3799kJ (908Cal)	822kJ (196Cal)
Protein (g)	38.2g	8.3g
Fat, total (g)	41.6g	9g
- saturated (g)	25.3g	5.5g
Carbohydrate (g)	90g	19.5g
- sugars (g)	14.7g	3.2g
Sodium (mg)	1709mg	370mg

The quantities provided above are averages only.

## 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.

If you have any questions or concerns, please visit [hellofresh.co.nz/contact](https://hellofresh.co.nz/contact)

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## 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 a lined oven tray. Drizzle with **olive oil** and season with **salt** and **pepper**. Toss to coat, then roast until tender, **20-25 minutes**.



## Make it creamy

Add the **onion**, **garlic** and the **butter** to the frying pan and cook until fragrant, **1 minute**. Add the **plain flour** and cook, stirring, **1 minute**. Reduce the heat to low, then add the **longlife cream** (see ingredients) and **grated Parmesan cheese**. Add the **chicken-style stock powder** (see ingredients) and stir until combined. Add the cooked **fusilli** 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.



## Get prepped

While the cauliflower is roasting, thinly slice the **brown onion**. Finely chop the **garlic**. Thinly slice the **pear**. Cook the **fusilli** 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.

### CUSTOM RECIPE

If you've swapped your bacon for prosciutto, roughly chop before cooking the pasta.



## Make the salad

In a large bowl, combine the **vinegar**, **honey** and a drizzle of **olive oil**. Season. Add the **mixed salad leaves** and **pear**, then 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**, breaking it up with a spoon, until golden, **5-6 minutes**.

### CUSTOM RECIPE

Heat the pan as above. Cook the prosciutto, stirring, until golden, 2-3 minutes.



## Serve up

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

## Enjoy!