

Roasted Cauliflower Mac & Cheese

with Parmesan Breadcrumbs

There's a reason macaroni and cheese has been a family favorite for decades: the combination of wholesome pasta and melty cheese is hard to resist. Here, we're using curly fusilli and sharp cheddar, melted right into a rich béchamel sauce. And we're adding the perfect pair of veggies: roasted cauliflower and Lacinato kale, which lend incredible earthiness to the casserole. A classic, crunchy layer of cheesy breadcrumbs (we're combining our panko with Parmesan) tops off the dish perfectly.



Ingredients

- ¾ Pound Fusilli Pasta
- 5 Ounces Cheddar Cheese
- 1 Cup Low-Fat Milk
- 1 Bunch Lacinato Kale
- 1 Head Cauliflower

Knick Knacks

- 2 Tablespoons Butter
- ½ Cup Grated Parmesan Cheese
- ½ Cup Panko Breadcrumbs
- ¼ Cup All-Purpose Flour
- 1½ Tablespoons Mac & Cheese Spice Blend
(Mustard Powder, Garlic Powder, Onion Powder & Smoked Sweet Paprika)

Makes 4 Servings

About 700 Calories Per Serving

Prep Time: 10 min | Cook Time: 30 to 40 min



Instructions

For cooking tips & tablet view, visit blueapron.com/recipes/fp172

1



Cook the pasta:

Preheat the oven to 475°F. Heat a large pot of salted water to boiling on high. Once boiling, add the **pasta**. Cook 7 to 9 minutes, or until al dente (still slightly firm to the bite). Drain thoroughly. Rinse and dry the pot.

2



Prepare the ingredients:

While the pasta cooks, wash and dry the fresh produce. Cut out and discard the cauliflower core; cut the head into small florets. Grate the cheddar cheese. Remove and discard the kale stems; roughly chop the leaves.

3



Roast the cauliflower:

Place the **cauliflower** on a sheet pan. Drizzle with olive oil and season with salt and pepper; toss to thoroughly coat. Arrange in a single, even layer. Roast 16 to 18 minutes, or until lightly browned.

4



Make the béchamel sauce:

Once the cauliflower has roasted for about 10 minutes, in the pot used to cook the pasta, heat the **butter** and 2 teaspoons of olive oil on medium until melted and hot. Add the **flour**. Cook, stirring frequently, 1 to 2 minutes, or until golden brown and toasted. Slowly whisk in the **milk** and **2 cups of water**; season with salt and pepper. Heat to boiling on high. Once boiling, reduce the heat to low. Simmer, whisking frequently, 3 to 5 minutes, or until thickened.

5



Make the filling:

Add the **cheddar cheese** to the pot of béchamel sauce; whisk until completely melted. Add the **roasted cauliflower**, **kale** and **spice blend**; season with salt and pepper. Cook, stirring occasionally, 2 to 4 minutes, or until the kale has wilted. Add the **cooked pasta**; stir to thoroughly combine. Remove from heat and season with salt and pepper to taste.

6



Bake the casserole & serve your dish:

Transfer the **filling** to a large baking dish. In a bowl, combine the **breadcrumbs** and **Parmesan cheese**; season with salt and pepper to taste. Add enough **olive oil** to moisten the mixture. Evenly top the filling with the **breadcrumb-Parmesan cheese mixture**. Bake 8 to 10 minutes, or until golden brown and bubbly. Let stand for 2 minutes before serving. Enjoy!