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Crispy Cauliflower Pasta

with Pine Nuts and Parmesan



20-30min



2 Servings

Cauliflower transforms when finely chopped and cooked in a generous amount of olive oil: that's the key to getting it deeply golden and crispy—and NO TOUCHING!—so don't skimp and let it get nice and golden before you toss and repeat. The whole process takes less than 15 minutes, just enough time to boil the pasta and grate the cheese. Cook, relax and enjoy!

What we send

- cauliflower
- crushed red pepper flakes- PACKET
- cloves garlic
- fresh oregano
- lemon

What you need

- coarse salt
- freshly ground black pepper
- olive oil

Tools

- large pot
- large skillet

Read through the whole recipe before you start. Rinse and dry all produce before using. Weights may vary slightly.

For recipes containing garlic, you'll find one head of garlic in your box.

We recommend you use coarse kosher salt stored in a container that allows you to grab it with your fingertips, or scoop with measuring spoon.

Allergens

May contain traces of allergenic ingredients. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 745.0kcal, Fat 30.0g, Proteins 30.4g, Carbs 78.1g



1. Chop cauliflower

Bring a large pot of salted water to a boil. Cut florets from cauliflower core. Finely chop florets or pulse in a food processor until finely chopped (you should have 5 cups. Reserve any extra for another use). Finely grate Parmesan.



2. Chop gremolata

Peel and roughly chop garlic. Remove oregano leaves from stems and add to garlic along with pinenuts. Continue to chop until garlic mixture is mostly finely chopped (this is your gremolata).



3. Brown cauliflower

Heat 5 tablespoons oil in a large skillet over medium-high. Add cauliflower and $\frac{3}{4}$ teaspoon salt and toss to coat. Cook, undisturbed, until cauliflower is golden brown, about 2 minutes. Toss and cook undisturbed, 2 minutes. Repeat until all of cauliflower is golden brown, 12-15 minutes.



4. Cook pasta

Meanwhile, cook orecchiette in boiling salted water until tender but a little al dente, 8-10 minutes. Reserve $\frac{1}{4}$ cup pasta water and drain.



5. Cook gremolata

Transfer cauliflower to a plate. Add 1 tablespoon oil to skillet over medium-high. Add gremolata and half to all of the crushed red pepper (depending on how spicy you like it) and cook, stirring often, until golden brown, about 2 minutes. Transfer to plate with cauliflower.



6. Finish pasta

Combine reserved pasta water and $\frac{3}{4}$ of Parmesan and whisk to combine. Add orecchiette, cauliflower, and gremolata and toss to combine. Zest lemon over pasta then cut in half. Serve pasta topped with remaining Parmesan and lemons for squeezing over. Enjoy!