



## Crispy Roasted Cauliflower Pasta

with Pine Nuts, Lemon & Parmesan



30-40min



2 Servings

There's nothing cauliflower can't do, including be the star of a pasta dish. The florets roast in the oven until tender yet crispy before joining al dente penne, plump golden raisins, lemon, parsley, and Parmesan. A fresh gremolata of garlic, oregano, and pine nuts adds delicious texture, while a pinch of red pepper flakes brings a touch of heat.



## What we send

- 1 head cauliflower
- garlic
- ¼ oz fresh oregano
- 2 (½ oz) pine nuts <sup>15</sup>
- ¾ oz Parmesan <sup>7</sup>
- 1 lemon
- ¼ oz fresh parsley
- 6 oz penne <sup>1</sup>
- 1 pkt crushed red pepper
- 1 oz golden raisins <sup>17</sup>

## What you need

- kosher salt & ground pepper
- olive oil

## Tools

- large saucepan
- rimmed baking sheet
- microplane or grater

## Allergens

Wheat (1), Milk (7), Tree Nuts (15), Sulphites (17). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

## Nutrition per serving

Calories 850kcal, Fat 47g, Carbs 91g, Protein 21g



### 1. Roast cauliflower

Preheat oven to 450°F with a rack in the upper third. Bring a large saucepan of **salted water** to a boil. Cut **cauliflower** into 1-inch florets. On a rimmed baking sheet, toss cauliflower with **2 tablespoons oil**. Season with **salt** and **pepper**. Roast cauliflower on upper rack until tender and browned, 20-25 minutes.



### 4. Cook gremolata

Heat **2 tablespoons oil** in reserved saucepan over medium heat. Add **gremolata** and **¼ teaspoon red pepper flakes** (or more, depending on heat preference). Cook, stirring constantly until golden brown, about 2 minutes.



### 2. Chop gremolata

Roughly chop **2 large cloves garlic**. Remove **half of the oregano leaves** from stems (save rest for own use) and add to garlic along with **pine nuts**. Chop until garlic mixture is mostly finely chopped to form **gremolata**.

Finely grate **Parmesan**, if necessary. Finely grate **1 teaspoon lemon zest** and squeeze **½ tablespoon juice**. Roughly chop **parsley leaves**; discard stems.



### 5. Finish & serve

Add **pasta, cauliflower, golden raisins, lemon zest and juice, ¾ each of the chopped parsley and Parmesan, 1 tablespoon oil**, and **¼ cup pasta water**, tossing to combine. Add more pasta water, 1 tablespoon at a time, as needed, tossing until a glossy sauce coats pasta.

Spoon **pasta** into bowls and serve topped with **remaining Parmesan and parsley**. Enjoy!



### 3. Cook pasta

Add **pasta** to **boiling water**. Cook, stirring, until al dente, 8-9 minutes. Reserve **½ cup pasta water**. Drain pasta and reserve saucepan.



### 6. Rate your plate!

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