

ROASTED CAULIFLOWER & SPINACH PASTA

A recipe by **FoodNouveau**

INGREDIENTS

Serves 2

- 2 cups [500 ml] cauliflower florets
- 2 shallots, quartered lengthwise
- 1 tbsp [15 ml] olive oil
- salt, freshly ground black pepper

- 2 tbsp [30 ml] olive oil
- 2 cloves garlic, finely chopped
- 1 tsp [5 ml] red pepper flakes

- 6 oz [170 g] dried spaghetti pasta
- 2 handfuls spinach, cleaned, coarsely chopped, tougher stems removed
- ¼ cup [125 ml] dry-packed sun dried cherry tomatoes (or regular oil-packed sun dried tomatoes), sliced thinly
- ½ lemon, zest and juice
- ¼ cup [125 ml] fresh basil, chopped
- ¼ cup [125 ml] pecorino romano, grated



To serve

- 2 tbsp [30 ml] slivered almonds, toasted
- 2 tbsp [30 ml] bread crumbs, toasted
- best quality extra-virgin olive oil
- coarse sea salt or fleur de sel

METHOD

Preheat oven to 450°F [230°C]. Line a baking sheet with parchment paper.

In a large mixing bowl, mix the cauliflower florets, the chopped shallots, the olive oil, a generous pinch of salt and some freshly grated black pepper. Spread the cauliflower mixture on the baking sheet and roast for 20 minutes, or until the cauliflower is tender with a bite, and golden brown in spots. While the cauliflower is roasting, cook the spaghetti until al dente. Save ½ cup [125 ml] pasta water, drain the pasta and reserve.

As soon the cauliflower is done, take it out of the oven and keep it close (leave it on the baking sheet). Heat 2 tbsp [30 ml] olive oil in a large skillet over medium heat. Add the chopped garlic and red pepper flakes, and sauté for 1 minute (be careful not to burn the garlic). Lower the heat to the minimum, and add the roasted cauliflower to the pan. Mix it all together, then add the spinach and sun dried cherry tomatoes. Sauté for a minute, just so the spinach wilts a bit. Add the lemon zest and juice, the pasta, the pasta water and half the pecorino romano cheese. Mix thoroughly to incorporate all the ingredients. Take off the heat, add the basil and toss one last time.

Serve in warm bowls, topped with the remaining pecorino romano, the almonds, the bread crumbs, a generous drizzle of best quality olive oil, and a sprinkle of coarse sea salt.

Recipe Credit: Adapted from Jeanine Donofrio, Love & Lemons

Photo Credit: Marie Asselin

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