

CAULIFLOWER PASTA W/ PECORINO, GRATED EGG AND PINE NUTS

A recipe by **FoodNouveau**

INGREDIENTS

Serves 2

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| 1 | large egg |
| 3 tbsp [45 ml] | olive oil, divided |
| ¼ tsp [7.5 ml] | ground coriander |
| ½ tsp [2.5 ml] | crushed red pepper flakes |
| ½ | small onion, finely diced |
| 2 | garlic cloves, minced |
| ½ | large head of cauliflower (about 1 lb [454 g]), cored, cut into 1/4-inch slices |
| ½ tsp [2.5 ml] | kosher salt plus more for seasoning |
| 4.5 oz [125 g] | dry penne or rigatoni |
| 1 oz [30 g] | Pecorino cheese, grated |
| 1 | handful of baby arugula (rocket) leaves |
| ½ | lemon, juice and zest (about ½ tsp [2.5 ml] zest and 1 tbsp [15 ml] juice) |
| 1 tbsp [15 ml] | toasted pine nuts |



METHOD

Place eggs in a small saucepan and add cold water to cover by 2" [5 cm]. Bring water to a boil over high heat, then immediately remove from heat and let eggs sit for 12 minutes. Transfer eggs to a bowl of ice water. Let cool completely, then peel and coarsely grate or chop. Set aside.

Heat 2 tbsp [30 ml] olive oil in a large heavy skillet over medium-low heat. Stir in coriander and red pepper flakes and cook until fragrant, about 30 seconds. Add onion, garlic, cauliflower, and ½ tsp [2.5 tsp] salt. Cook, stirring often, until cauliflower is golden brown, tender, and sweet, about 15 minutes. Remove from heat and set aside.

Meanwhile, cook penne or rigatoni in a large pot of boiling salted water, stirring occasionally, until al dente (I shave off 1-2 minutes from the manufacturer's instructions). Drain, reserving 1/3 cup [80 ml] pasta cooking water.

Return skillet with cauliflower to medium-high heat. Add reserved pasta cooking water and penne; toss gently to combine. Cook for 1 minute, then stir in reserved grated egg, cheese, and lemon zest and juice. Drizzle penne with remaining 1 tbsp [15 ml], toss in the baby arugula leave, and season to taste with salt and more lemon zest, juice, and red pepper flakes, if desired. Divide among warm bowls and garnish with pine nuts. Serve immediately.

Recipe Credit: Adapted from Sara Dickerman, Bon Appétit Magazine.

Photo Credit: Marie Asselin

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