




Product Spotlight: Garlic


Garlic is believed to ward off heart disease, cancer, colds, and flu. Eating garlic lowers blood cholesterol levels and reduces the buildup of plaque in the arteries.



K4 Roasted Cauliflower Pasta

Roasted cauliflower and spring onions combine to make a tasty pasta meal using almond parmesan and lemon to enrich a simple sauce.

 25 minutes

 4 servings

 Plant-Based

1 July 2022

Make a pasta bake!

Make a simple white sauce with plant-based milk. Toss the cooked vegetables and pasta together, pour over the sauce and top with parmesan sprinkle!

Per serve: **PROTEIN** 21g **TOTAL FAT** 26g **CARBOHYDRATES** 59g

FROM YOUR BOX

CAULIFLOWER	1
SPRING ONIONS	1 bunch
RED CAPSICUM	1
GARLIC	3 cloves
LEGUME PASTA	1 packet
PARMESAN TOPPING	1 packet (40g)
LEMON	1
BBQ ARTICHOKE HEARTS	1 tub
BABY SPINACH	1 bag (120g)

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, dried oregano

KEY UTENSILS

oven tray, saucepan, stick mixer

NOTES

Roasting the garlic whole and in its skin means it will caramelise and become lovely and sweet.

If you prefer your spinach to be more wilted, add it into the pasta for the last minute of cooking time, or quickly fry it in a little oil before adding into saucepan.



1. ROAST THE VEGETABLES

Set oven to 220°C.

Cut cauliflower into small florets, slice spring onions in 4cm lengths (keep green tops for step 3), and slice capsicum. Toss on a lined oven tray with garlic cloves (see notes), **3 tsp oregano, oil salt and pepper**. Roast for 15–20 minutes until tender.



4. BLEND THE SAUCE

Place reserved pasta water into a jug with remaining parmesan topping, lemon zest, peeled roasted garlic and **1/3 cup olive oil**. Blend to a smooth sauce.



2. COOK THE PASTA

Bring a saucepan of water to the boil. Add pasta and cook according to packet instructions. Drain reserving **1 1/2 cups water** for step 4, and return to pan.



5. TOSS IT ALL TOGETHER

Roughly chop artichokes and add to pasta saucepan with spinach (see notes), sauce and roasted vegetables. Stir gently over medium heat to combine. Season to taste with **salt and pepper**.



3. MAKE THE TOPPING

Finely slice spring onion tops to yield 1 cup. Mix together in a bowl with **1 tbsp parmesan** topping and season with **pepper**.



6. FINISH AND SERVE

Wedge lemon.

Divide pasta among bowls, sprinkle with spring onion topping and add a lemon wedge on the side.

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