

## Cauliflower and Parmesan Pasta

**Season:** Spring  
**Type:** Main  
**Serves:** 32 tastings  
**From the garden:** Cauliflower



**Class focus:** Finely chopped & minced

<b>Equipment:</b>	<b>Ingredients:</b>
Large saucepan x 1 Colander x 1 Large frying pan x 1 Wooden spoon x 1 Chopping boards and knives Measuring cups Measuring spoons Serving bowl x 5 Serving spoon x 5	1 x 500g packet of Spiral pasta Hot water from kettle for cooking pasta 1 teaspoon salt  1/3 cup olive oil 1/2 onion (skin-off, finely chopped) 3 cloves garlic (skin-off, minced) 1 teaspoon dried oregano leaves 2 cauliflowers (stem included, finely chopped)  1/2 cup parmesan cheese  1 1/4 teaspoons salt 10 grinds of pepper

### What to do:

1. Wash all the vegetables.
2. Prepare all of the ingredients based on the instructions in the ingredients list.
3. In a large saucepan, cover pasta with hot water from the kettle, add salt and boil until tender, about 10 minutes.
4. Drain, place pasta back in the saucepan and set aside.
5. Meanwhile, heat olive oil in a large frying pan over medium-high heat.
6. Add onion, garlic, oregano and cauliflower, fry until cauliflower is starting to brown, about 6 minutes.
7. Remove cauliflower mixture from heat.
8. Add fried cauliflower, parmesan cheese, salt and pepper onto the pasta, toss well.
9. Serve into 5 large serving bowls with a serving spoon in each.

### For vegan / dairy intolerance option:

Add the cheese at the end so you can take a portion out without cheese to make for the vegan or dairy intolerance students.

### For gluten free option:

Please add the cauliflower mixture, cheese, some salt and pepper into the gluten free pasta provided.

Interesting terms:

Interesting techniques: Finely chopped – cauliflower & onion; minced - garlic