



# **Ingredients**

- 6 Ounces Whole Wheat Rigatoni Pasta
- 1 15-Ounce Can Crushed Tomatoes
- 4 Cloves Garlic
- 1 Head Romanesco Cauliflower
- 1 Bunch Parsley

## **Knick Knacks**

- 2 Tablespoons Butter
- 2 Tablespoons Dried Currants
- 2 Tablespoons Pine Nuts
- 1 Tablespoon Capers
- 1/4 Cup Grated Pecorino Cheese
- 1/4 Teaspoon Crushed Red Pepper Flakes

Makes: 2 servings | Calories: about 710 per serving Prep Time: 10 minutes | Cook Time: 35–45 minutes



## Prepare the ingredients:

Wash and dry the fresh produce. Heat a large pot of salted water to boiling on high. Peel and mince the garlic. Cut out and discard the cauliflower core; cut the head into bite-sized florets. Finely chop the parsley leaves and stems.



### Toast the pine nuts:

Heat a large, high-sided pan (or pot) on medium-high until hot. Add the **pine nuts** and toast, stirring occasionally, 3 to 4 minutes, or until golden brown. Transfer to a bowl. Wipe out the pan.



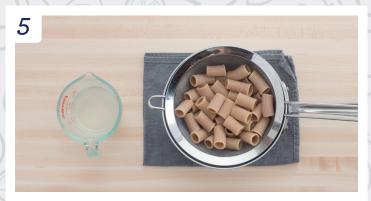
#### Cook the cauliflower:

In the same pan, heat 2 teaspoons of olive oil on medium-high until hot. Add the **cauliflower** and season with salt and pepper. Cook, stirring occasionally, 4 to 5 minutes, or until lightly browned and slightly softened. Add the **capers** and **garlic**. (If the pan seems dry, add 1 teaspoon of olive oil). Cook, stirring occasionally, 30 seconds to 1 minute, or until fragrant.



#### Make the sauce:

To the pan, add the currants and as much of the red pepper flakes as you'd like, depending on how spicy you'd like the dish to be; season with salt and pepper. Cook, stirring frequently, 30 seconds to 1 minute, or until fragrant. Add the crushed tomatoes and 1 cup of water. Simmer, stirring occasionally, 17 to 19 minutes, or until slightly thickened. Remove from heat; season with salt and pepper.



#### Cook the pasta:

Once the sauce has simmered for about 10 minutes, add the **pasta** to the pot of boiling water. Cook 10 to 12 minutes, or until just shy of al dente (still slightly firm to the bite). Reserving ½ **cup of the pasta cooking water**, drain thoroughly.



#### Finish & plate your dish:

Add the cooked pasta, butter, all but a pinch of the parsley and half the reserved pasta cooking water to the pan. Cook on medium, stirring vigorously to coat the pasta, 3 to 4 minutes, or until thoroughly combined. (If the sauce seems dry, gradually add the remaining pasta cooking water to achieve your desired consistency.) Season with salt and pepper to taste. Divide between 2 dishes. Garnish with the cheese, toasted pine nuts and remaining parsley. Enjoy!