

Sicilian-Style Rigatoni Pasta

with Romanesco & Toasted Pine Nuts

In Sicily, cauliflower of all varieties grow in abundance—often starring in cool-weather pasta dishes alongside a traditional combination of Pecorino cheese, pine nuts and dried currants. Here, our tomato sauce combines perfectly with nutty Romanesco (a bright green cauliflower with stunning, spiraled patterns) and whole wheat rigatoni. At once delectably sweet, tangy and savory, the result is southern Italian fare at its finest.

Blue Apron Wine Pairings

Shannon Ridge Zinfandel, 2015
Somerbosch Pinotage, 2014



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
¼ Cup Grated Pecorino Cheese
¼ Teaspoon Crushed Red Pepper Flakes

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



1



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.

2



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.

3



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.

4



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.

5



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.

6



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!