

# Roasted Romanesco Pasta

*with Lemon, Capers, & Garlic Breadcrumbs*

**TIME:** 25-35 minutes

**SERVINGS:** 2

Romanesco, a type of cauliflower with a striking pattern and bright green hue, takes pasta night to a whole new level. We're roasting it to bring out its naturally nutty flavor and tossing it with orecchiette pasta—whose name means “little ears” in Italian. Briny capers and a touch of lemon zest and juice add brightness to the dish, complete with the delightful crunch of garlic-toasted breadcrumbs.



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## Ingredients



6 oz  
ORECCHIETTE  
PASTA



2 cloves  
GARLIC



1  
LEMON



1 head  
ROMANESCO  
CAULIFLOWER

## KNICK KNACKS:



2 Tbsps  
BUTTER



1 Tbsp  
CAPERS



1/4 tsp  
CRUSHED RED  
PEPPER FLAKES



1  
SHALLOT



1/4 cup  
GRATED  
PECORINO  
CHEESE



1/4 cup  
PANKO  
BREADCRUMBS



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### 1 Prepare & roast the cauliflower:

- ☐ Preheat the oven to 450°F.
- ☐ Heat a medium pot of salted water to boiling on high.
- ☐ Wash and dry the **cauliflower**. Cut out and discard the core; cut the head into small pieces.
- ☐ Place on a sheet pan. Drizzle with olive oil and season with salt and pepper; toss to thoroughly coat. Arrange in a single layer.
- ☐ Roast 19 to 21 minutes, or until browned and tender when pierced with a fork. Remove from the oven. Set aside in a warm place.

### 2 Prepare the remaining ingredients:

- ☐ While the cauliflower roasts, peel the garlic; thinly slice 1 clove. Finely chop the remaining clove; using the flat side of your knife, smash until it resembles a paste (or use a zester).
- ☐ Peel and thinly slice the shallot.
- ☐ Wash and dry the lemon. Using a peeler, remove the yellow rind, avoiding the white pith; mince the rind to get 2 teaspoons of zest (or use a zester). Quarter and deseed the lemon.

### 3 Make the garlic breadcrumbs:

- ☐ While the cauliflower continues to roast, in a large pan, heat 2 teaspoons of olive oil on medium-high until hot.
- ☐ Add the **garlic paste**; cook, stirring constantly, 30 to 45 seconds, or until fragrant.
- ☐ Add the **breadcrumbs**; season with salt and pepper. Cook, stirring frequently, 2 to 3 minutes, or until browned. Transfer to a bowl. Wipe out the pan.



### 4 Cook the pasta:

- ☐ While the cauliflower continues to roast, add the **pasta** to the pot of boiling water. Cook 6 to 8 minutes, or until just shy of al dente (still slightly firm to the bite).
- ☐ Reserving **½ cup of the pasta cooking water**, drain thoroughly.



### 5 Cook the aromatics:

- ☐ While the pasta cooks, in the same pan, heat 2 teaspoons of olive oil on medium until hot.
- ☐ Add the **shallot, capers, sliced garlic, 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 occasionally, 2 to 3 minutes, or until softened and fragrant. Turn off the heat.

### 6 Finish the pasta & plate your dish:

- ☐ Add the **butter, cooked pasta, roasted cauliflower, lemon zest, the juice of 2 lemon wedges, and half the reserved pasta cooking water** to the pan. Cook on medium-high, stirring vigorously, 1 to 2 minutes, or until the pasta is coated. (If the sauce seems dry, gradually add the remaining pasta cooking water to achieve your desired consistency.) Turn off the heat; season with salt and pepper to taste.
- ☐ Divide between 2 dishes. Garnish with the **garlic breadcrumbs and cheese**. Serve with the **remaining lemon wedges** on the side. Enjoy!

