

Orecchiette Pasta

with Roasted Cauliflower, Capers & Garlic Breadcrumbs

Orecchiette pasta hails from Puglia, a region in southern Italy. Its name comes from its unique shape, which some say resembles little ears. In this delicious fall recipe, orecchiette's little dimples pick up the rich, buttery sauce. Its chewy, hearty texture is a wonderful pairing for roasted heirloom cauliflower. Here, purple cauliflower is pictured, but depending on what's freshest, you may receive orange or green heirloom varieties. They're all in season right now—and they're all delicious!



Ingredients

- 8 Ounces Dried Orecchiette Pasta
- 3 Cloves Garlic
- 1 Lemon
- 1 Pound Heirloom Cauliflower
- 1 Red Onion
- 1 Bunch Parsley

Knick Knacks

- 2 Tablespoons Butter
- 2 Tablespoons Capers
- ¼ Cup Grated Pecorino Cheese
- ¼ Cup Panko Breadcrumbs
- ⅓ Teaspoon Crushed Red Pepper Flakes

Makes 2 Servings

About 600 Calories Per Serving

Cooking Time: 25 to 35 minutes



1



Prepare the ingredients:

Preheat the oven to 450°F. Wash and dry the fresh produce. Heat a medium pot of salted water to boiling on high. Peel the garlic; thinly slice 2 cloves. Mince the remaining clove; smash with the side of your knife until it resembles a paste. Using a peeler, remove the yellow rind of the lemon, avoiding the white pith; mince the rind to get 2 teaspoons of zest. Quarter the lemon; remove the seeds. Remove and discard the core of the cauliflower; cut the head into small florets. Peel and thinly slice the onion. Pick the parsley leaves off the stems; discard the stems. Roughly chop the capers.

2



Roast the cauliflower:

Place the **cauliflower florets** on a sheet pan. Drizzle with olive oil and season with salt and pepper; toss to thoroughly coat. Arrange in a single, even layer and roast, stirring halfway through, 18 to 20 minutes, or until browned.

3



Make the garlic breadcrumbs:

While the cauliflower roasts, in a large pan, heat 2 teaspoons of olive oil on medium until hot. Add the **garlic paste**; cook, stirring frequently, 30 seconds to 1 minute, or until fragrant. Add the **breadcrumbs**; season with salt and pepper. Cook, stirring frequently, 2 to 4 minutes, or until golden brown. Transfer to a small bowl and set aside. Wipe out the pan.

4



Cook the aromatics:

While the cauliflower continues to roast, in the pan used to make the garlic breadcrumbs, heat 2 teaspoons of olive oil on medium until hot. Add the **onion, sliced garlic, capers and as much of the crushed 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, 2 to 4 minutes, or until softened. Remove from heat.

5



Cook the pasta:

Add the **orecchiette pasta** to the pot of boiling water; stir gently to prevent the noodles from sticking. Cook 9 to 11 minutes, or until just shy of al dente. Reserve **1 cup of the pasta water**; drain the pasta thoroughly.

6



Finish & plate your dish:

To the pan of aromatics, add the **drained pasta, roasted cauliflower, lemon zest, the juice of 2 lemon wedges, butter, Pecorino cheese** and **½ cup of the reserved pasta water**. Cook on medium, stirring frequently, 2 to 3 minutes or until the pasta is heated through and coated in the sauce. (If the sauce seems dry, gradually add the remaining reserved pasta water until it reaches your desired consistency.) Remove from heat; season with salt and pepper to taste. Divide between 2 dishes. Garnish with the **parsley, garlic breadcrumbs** and **remaining lemon wedges**. Enjoy!