

Orecchiette Pasta & Cauliflower

with Garlic Breadcrumbs

VEGETARIAN

🕒 25-35 MINS | 2 SERVINGS

In this dish, a duo of orecchiette pasta and cauliflower is tossed with an aromatic butter sauce, which highlights shallot, capers, and red pepper flakes. A sprinkling of garlic-toasted breadcrumbs finishes the dish with delightfully crispy, crunchy contrast.

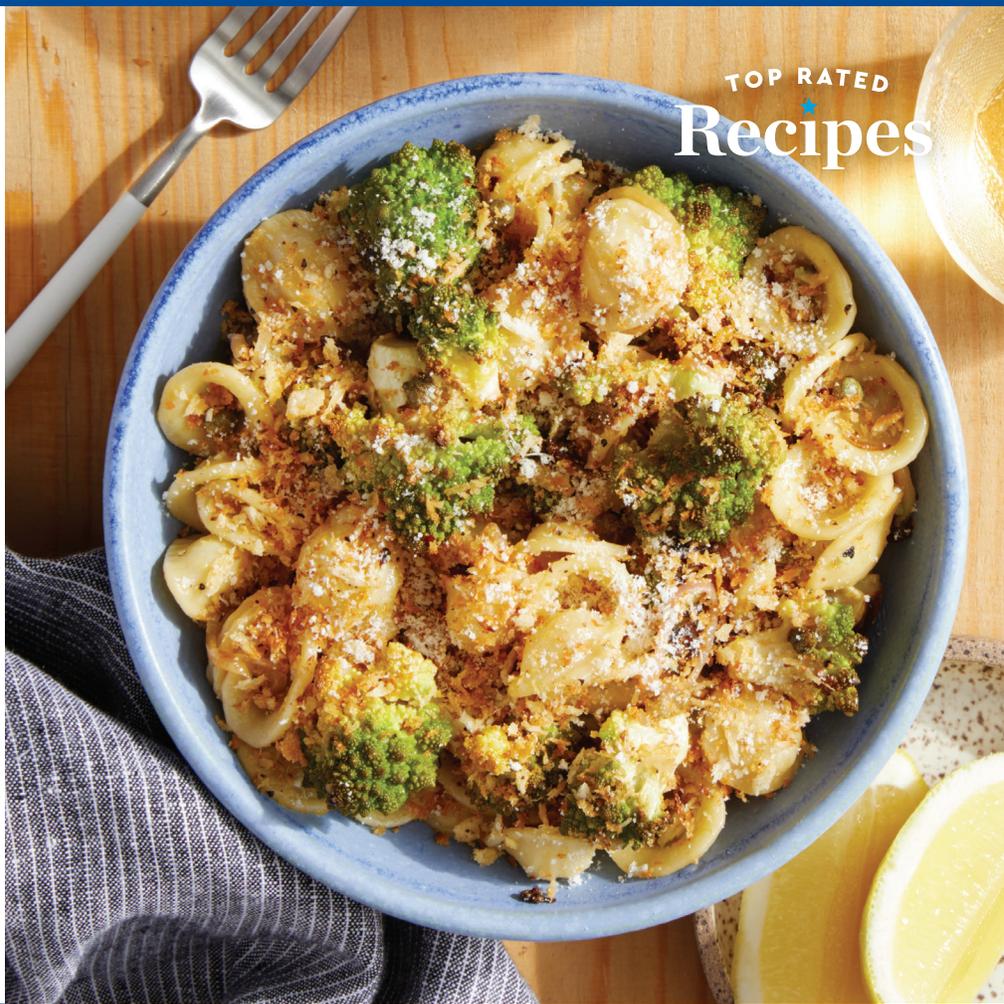


MATCH YOUR BLUE APRON WINE



Crisp & Minerally

Serve a bottle with this symbol for a great pairing.



Ingredients



6 oz
ORECCHIETTE
PASTA



1 head
COLORED, WHITE,
OR ROMANESCO
CAULIFLOWER



1
SHALLOT



1 Tbsp
CAPERS



1/4 cup
GRATED ROMANO
CHEESE



1
LEMON



1 clove
GARLIC



2 Tbsps
BUTTER



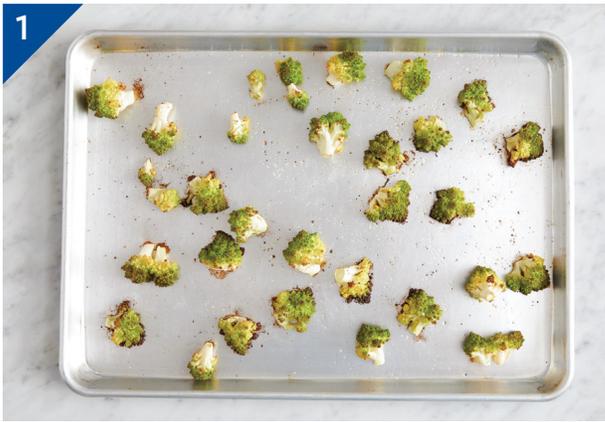
1/4 cup
PANKO
BREADCRUMBS



1/4 tsp
CRUSHED RED
PEPPER FLAKES

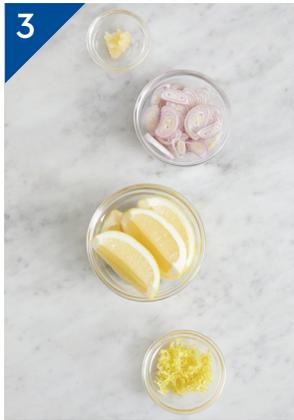


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1 Prepare & roast the cauliflower:

- Place an oven rack in the center of the oven, then preheat to 450°F.
- Fill a large pot $\frac{3}{4}$ of the way up with salted water; cover and heat to boiling on high.
- Wash and dry the fresh produce.
- Cut out and discard the core of the **cauliflower**; cut into small florets.
- Transfer to a sheet pan. Drizzle with **olive oil** and season with salt and pepper; toss to coat. Arrange in an even layer.
- Roast 19 to 21 minutes, or until browned and tender when pierced with a fork. Remove from the oven.



2 Cook the pasta:

- Meanwhile, add the **pasta** to the pot of boiling water. Cook, uncovered, 9 to 11 minutes, or until al dente (still slightly firm to the bite).
- Turn off the heat. Reserving $\frac{1}{2}$ **cup of the pasta cooking water**, drain thoroughly and return to the pot.

3 Prepare the remaining ingredients:

- Meanwhile, peel **1 clove of garlic**; using a zester, finely grate into a paste (or use the small side of a box grater).
- Peel and thinly slice the **shallot**.
- Zest the **lemon** to get 1 teaspoon (or use the small side of a box grater). Quarter and deseed the lemon.

4 Make the garlic breadcrumbs:

- In a medium pan, heat **2 teaspoons of olive oil** on medium-high until hot.
- Add the **breadcrumbs** and **half the garlic paste**; season with salt and pepper. Cook, stirring frequently, 2 to 3 minutes, or until browned.
- Transfer to a bowl.
- Wipe out the pan.



5 Cook the shallot:

- In the same pan, heat **2 teaspoons of olive oil** on medium-high until hot.
- Add the **sliced shallot, capers, remaining garlic paste, 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, 1 to 3 minutes, or until softened.
- Turn off the heat.

6 Finish the pasta & serve your dish:

- To the pot of **cooked pasta**, add the **cooked shallot, roasted cauliflower, butter, lemon zest, the juice of 2 lemon wedges, and half the reserved pasta cooking water**. Cook on medium-high, stirring constantly, 1 to 2 minutes, or until the pasta is coated (if necessary, gradually add the remaining cooking water to ensure the pasta is thoroughly coated).
- Turn off the heat. Taste, then season with salt and pepper if desired.
- Serve the **finished pasta** garnished with the **garlic breadcrumbs** and **cheese**. Serve the **remaining lemon wedges** on the side. Enjoy!



NUTRITION PER SERVING (AS PREPARED)* Calories: 650, Total Carbohydrates: 88g, Dietary Fiber: 9g, Added Sugar: 0g, Total Fat: 26g, Saturated Fat: 11g, Protein: 19g, Sodium: 990mg.

CONTAINS: See Ingredient Packaging for Allergen(s).

*See full Nutrition Facts on your Current page in the Blue Apron app or at blueapron.com.

Produced in a facility that processes crustacean shellfish, egg, fish, milk, peanuts, soy, tree nuts, and wheat.

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