

Romanesco cauliflower pasta

A novel and intriguing vegetable dish, with a tangy toasted nuts and fruit dressing.

Inspired by *Riverford Organic Farm Foods*.

Pretty florets of cauliflower paired with Fairtrade pasta and all dressed up ready to be devoured.

Quantities below make a main course for 2 people or a side dish for 4.

Ingredients

- 150 g Traidcraft **Fairtrade** fusilli
- 1 small to medium romanesco cauliflower
- 1 **FAIRTRADE** lemon
- 2 cloves garlic
- 60 ml sunflower oil (for frying)
- 1 small red onion
- 100 g pine kernels
- 50 g Traidcraft **Fairtrade** golden sultanas
- fresh herbs from the garden
- 50 g Parmesan cheese
- drizzle Zaytoun **FAIRTRADE** olive oil

Method:

Preparation

Cook the pasta in boiling / simmering water until ready to eat (about 12 minutes). Once the pasta is cooked, drain it and pop it into a bowl with a drizzle of olive oil to prevent sticking.

Cut the cauliflower into florets and slice the stem thinly. Cook for 2 to 3 minutes in boiling salted water, drain and refresh in cold water to prevent further cooking.

Juice and zest the lemon, discard the pith and pips.

Skin the garlic.

Skin the red onion and chop fine.

Dry fry the pine kernels in a non-stick pan over a medium flame until they start to take a golden brown colour.

Pick, wash and chop the herbs.

Grate the Parmesan.

Cooking

Heat the frying oil in a wok (or large frying pan) and fry the cauliflower for a couple of minutes until it starts to turn golden. Add the chopped onions, crush in the garlic and fry for 2 more minutes.

Add the toasted pine kernels, cooked pasta, lemon juice and zest, sultanas, and herbs.

Turn gently to combine thoroughly.

Assembly

Divide the cauliflower mixture into bowls, drizzle with best olive oil, and sprinkle on some grated Parmesan cheese.

Serve

Serve hot as the centrepiece of a light meal, with Greek yoghurt or raita, and coleslaw.

Notes

This recipe will work with white cauliflower or with broccoli but neither of these are as pretty as romanesco cauliflower.

Serve the parmesan separately to accommodate any vegans.