

Cauliflower and Parmesan Pasta

Season: All year round

Type: Main

Serves: 36 tastings

From the garden: Cauliflower, onion & garlic

Class focus: Finely chopped & minced



Equipment:	Ingredients:
<p>Large saucepan x 1 Colander x 1 Large frying pan x 1 Wooden spoon x 2 Chopping boards and knives Measuring cups Measuring spoons Serving bowl x 5 Serving spoon x 5</p>	<p>1 x 500g packet of Spiral pasta Hot water from kettle for cooking pasta 1 teaspoon salt</p> <p>$\frac{1}{3}$ cup olive oil $\frac{1}{2}$ onion (skin-off, finely chopped) 3 cloves garlic (skin-off, minced) 2 sprigs oregano (leaves only, finely chopped) 1 cauliflower (finely chopped)</p> <p>$\frac{1}{2}$ cup parmesan cheese</p> <p>$\frac{3}{4}$ teaspoon salt 10 grinds of pepper</p>

What to do:

1. Wash all the vegetables.
2. Prepare all of the ingredients based on the instructions in the ingredients list.
3. In a large saucepan, cover pasta with hot water from the kettle, add salt and boil until tender, about 12 minutes.
4. Drain, place pasta back in the saucepan and set aside.
5. Meanwhile, heat olive oil in a large frying pan over medium-high heat.
6. Add onion, garlic, oregano and cauliflower, fry until cauliflower is starting to brown, about 6 minutes.
7. Remove cauliflower mixture from heat.
8. Add fried cauliflower, parmesan cheese, salt and pepper onto the pasta, toss well.
9. Serve into 5 large serving bowls with a serving spoon in each.