



HOME CHEF

Cauliflower Bucatini

With Brown Butter Mustard Sauce



This dish is comfort food at its finest. We take bucatini—a thick, spaghetti-like pasta that’s actually a hollow tube—and add crispy panko, a brown butter sauce, roasted red peppers, and charred cauliflower. Sit back and relax—you won’t want to put this one down.

OVERVIEW



TIME TO PREPARE



INTERMEDIATE RECIPE



MILD



DAYS BEST COOKED BY

NUTRITION

Calories: 834
Carbohydrates: 109g
Fat: 35g
Protein: 24g
Sodium: 1063mg
per serving

DIETARY

DRINK PAIRING

A glass of a dry wine like Pinot Gris or Riesling pairs perfectly with the cauliflower in this dish. Or, stick with lemon-based drinks like sparkling water with a lemon wedge.

INGREDIENTS

10 oz. Cauliflower Florets
4 Parsley Sprigs
3 oz. Roasted Red Peppers
1 oz. Pistachios
1 oz. Panko Breadcrumbs
1 ½ oz. Butter
1 ½ oz. Grainy Mustard
1 tsp. Red Pepper Flakes
8 oz. Bucatini

WHAT YOU NEED

Olive Oil
Salt
Pepper
Cooking Spray

EQUIPMENT

Large Pot
Colander
Medium Pan
Baking Sheet

DID YOU KNOW?

Brown butter or *beurre noisette* (which translates to hazelnut butter) is simply regular butter that has been heated until it browns. The nutty, toasted flavor of brown butter transforms regular baked goods and sauces into something amazing.

Discover more recipes at [homechef.com](https://www.homechef.com)



Prepare the Ingredients

Bring a large pot of **lightly salted water** to a boil over high heat. Turn broiler on high and adjust rack to upper setting in oven. Place a colander in the sink. Thoroughly rinse produce and pat dry. Cut any large **cauliflower florets** into bite-size pieces. Stem and mince **parsley**. Cut **roasted red pepper** into ½" dice. Gently crush **pistachios** in their bag with a pan or rolling pin.

Toast the Panko

Place a medium pan over medium heat and add 2 tsp. **olive oil** to hot pan. Stir in **panko** and let toast, stirring continuously, until crumbs are golden brown. Remove from pan and set aside. Lightly wipe out pan and set aside for mustard sauce.

Cook the Cauliflower

Prepare a baking sheet with foil and cooking spray. Place **cauliflower florets** onto baking sheet. Drizzle with 2 tsp. **olive oil** and toss to coat evenly. Place cauliflower under broiler and cook 5-8 minutes, until cauliflower is browned, lightly charred, and tender. Remove from broiler and set aside to cool. *Don't text and broil! Be sure to watch cauliflower closely so you don't end up blackening the florets.*

Make Brown Butter Mustard Sauce

Return pan used to toast panko to medium-high heat and add **butter**. Cook while stirring or swirling the pan, until butter starts to foam, turns dark tan, and gives off a nutty fragrance. Remove from heat—it will continue to cook from residual heat and turn a deep brown color. *Careful, do not blacken butter.* Stir in **mustard**, half the **red pepper flakes** (to taste— add more if desired), and a pinch of **salt and pepper**. Set aside.

Cook Bucatini

Add **bucatini** to **boiling water** and cook until al dente, about 7-10 minutes. Drain bucatini in colander and return to pot. Add **brown butter mustard** sauce and str.

Plate the Dish

Add **charred cauliflower**, half the **panko**, half the **parsley**, and **roasted red pepper**. Stir to combine. Taste and add additional **salt and pepper**, if necessary. Divide between two plates and garnish with crushed **pistachios**, **remaining parsley**, **remaining panko**, and if you want more spice, **remaining red pepper flakes**.