



#### IN YOUR BOX

- 1 Cauliflower Head
- 1 Red Onion
- 2 Garlic Cloves
- ¼ oz. Parsley
- ¾ oz. Roasted Pistachios
- ¼ tsp. Red Pepper Flakes
- 6 oz. Campanelle Pasta
- .6 oz. Butter
- 2 oz. Grated Parmesan Cheese
- ¼ cup Panko Breadcrumbs

CONTAINS: milk, eggs, wheat, tree nuts (pistachios)

**NUTRITION** per serving 99g carbohydrates 38g fat 28g protein 1585mg sodium | vegetarian



Calories  
**813**



Prep & Cook Time  
**40-50 min.**



Cook Within  
**7 days**



Difficulty  
**Intermediate**



Spice Level  
**Mild**

#### IN YOUR KITCHEN

- Olive Oil
- Salt
- Pepper
- Cooking Spray
- Medium Pot
- Baking Sheet
- Colander
- Mixing Bowl



## Roasted Cauliflower Campanelle

with pistachios and Parmesan

## BEFORE YOU COOK

- Take a minute to read through the recipe before you start—we promise it will be time well spent!
- Preheat oven to **450 degrees**
- Bring a **medium** pot of **lightly salted water** to a boil
- Thoroughly rinse produce and pat dry
- Prepare a baking sheet with foil and cooking spray

## WHILE YOU COOK

- **Spice Alert!** A little goes a long way when it comes to **red pepper flakes**. Add a pinch at first, taste, and add more if desired. Speaking of red pepper flakes, they're used twice. Half are added to **roasted vegetables** and remaining garnishes dish (to taste).
- **Heads Up!** **Parsley leaves** are used twice. Most are added to **sauce**, and a pinch garnish dish.

## FROM THE CHEF

This recipe uses a new technique of thickening the sauce with Parmesan and panko breadcrumbs to coat the pasta. Add more pasta water as needed to achieve desired consistency.

### Did you know...

*This meal uniquely showcases the versatility of cauliflower. Leaves and florets are roasted and the core is sliced and cooked with pasta.*



1

## Prepare the Ingredients

Remove leaves from **cauliflower head** and reserve. Core and cut into bite-sized florets. Cut core into thin slices. Halve and peel **onion**. Cut halves into ¼" slices. Halve **garlic**. Stem **parsley**. Coarsely chop leaves and mince stems, keeping them separate. Crush or coarsely chop **pistachios**.



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## Start the Sauce

Break **butter** into small chunks. Combine ¾ cup **reserved pasta water**, **Parmesan**, **panko**, butter, **pistachios**, **parsley stems**, and a pinch of **pepper** in a large mixing bowl.



2

## Roast the Vegetables

Place **cauliflower florets** on a third of prepared baking sheet. Place **cauliflower leaves** on next third, and **onion** on final third. Add **garlic**, drizzle with 2 Tbsp. **olive oil**, and season with half the **red pepper flakes** (reserve remaining for garnish), ¾ tsp. **salt**, and a pinch of **pepper**. Roast until golden brown and tender, 20-25 minutes, rotating baking sheet halfway through. While vegetables roast, cook pasta.



5

## Finish the Sauce

Tear **cauliflower leaves** and crush roasted **garlic**. Add **pasta**, **cauliflower florets**, **onion**, cauliflower leaves, crushed garlic, and **parsley leaves** (reserve a pinch for garnish) to bowl with **sauce mixture**. Combine thoroughly. *If sauce is too thick, add remaining pasta water 1 Tbsp. at a time until desired consistency is reached.*



3

## Cook the Pasta and Cauliflower Core

Once water is boiling, add **pasta** and cook until al dente, 8-10 minutes. After 5 minutes, add **cauliflower core slices** to pot with pasta. Reserve ¼ cup **pasta water** and drain in a colander. Drizzle with 1 tsp. **olive oil**, toss to coat, and set aside. While pasta cooks, start sauce.



6

## Finish the Dish

Serve **pasta** and **vegetables** on a plate. Garnish with reserved **parsley leaves** and remaining **red pepper flakes** (to taste).