



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**.



4

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).