

CRISPY CAULIFLOWER AND BROAD BEAN PASTA

INGREDIENTS

Cauliflower – rock and chop very finely

1 clove of garlic – rock and chop

broad beans – remove skin and chop roughly

Parsley – rock and chop

½ cup panko breadcrumbs

oregano – chopped

½ fresh chilli – rock and chop

1 spring onion – finely chopped

2 tablespoons finely grated lemon rind

¼ cup extra virgin olive oil

1 and ½ cups cooked orecchiette

½ teaspoon ground pepper

½ teaspoon salt

grated parmesan to serve – optional

METHOD

1. Heat frypan, add one tablespoon of olive oil and toast bread crumbs until golden brown. Remove from frypan and set aside.
2. Chop cauliflower, garlic, spring onion, chilli and herbs. Peel broad beans.
3. Heat the frypan, add the oil and sauté cauliflower, garlic, spring onion, chilli and broad beans for 5 minutes. Add salt and pepper.
4. Add orecchiette and cook a further minute.
5. Add breadcrumbs and parmesan cheese and mix through gently.