

Cauliflower Alfredo Pasta



A rich and creamy pasta that doesn't have cream, but is just as delicious.

Ingredients

1/2 cup extra virgin olive oil
3 garlic cloves, crushed
1 onion, chopped
2 tbsp miso
1/2 cauliflower, roughly chopped
1 cup salt reduced vegetable stock
1 1/2 cups parmesan, grated
1 lemon, cut into wedges
400 g wholegrain spaghetti

Method:

1. In a large heavy based pan over medium heat, sweat the onions and garlic with olive oil until translucent. Stir in the miso paste, then add the cauliflower and vegetable stock. Cover and

cook, checking and stirring occasionally until the cauliflower is soft and all the liquid has evaporated, about 20-25 minutes. Take off heat, and set aside to cool.

2. When the cauliflower has slightly cooled, place in a food processor, pulse till you have a smooth sauce and return back to the pan.
3. Meanwhile, cook the pasta in a large pot of salted boiling water per packet instructions. When pasta is al dente, add into the cauliflower pot with a cup of the pasta cooking liquid. Stir, then add the parmesan cheese. Season to taste.
4. Serve with a side of lemon wedge.