

PASTA WITH TUSCAN-STYLE CAULIFLOWER

INGREDIENTS

1 head of cauliflower, cut into 1 inch pieces
(regular will do, but you can always use pink, purple, Romanesco, etc)
1/2 red onion, finely chopped
1 garlic clove, finely minced
1/4 cup extra-virgin olive oil
1/2 bunch of fresh mint, leaves only
1 tsp hot red pepper flakes
salt and pepper to taste
1 pound spoon sized pasta (i.e. ziti, rotini)
Pecorino Romano, for grating

DIRECTIONS

Bring a large pot water to a boil and add 2 tablespoons of salt.

While the pasta water is heating, in a large sauté pan, heat the olive oil over high heat until almost smoking. Add the onion, mint, red pepper flakes, and garlic, and sauté over medium-high heat until the garlic is just golden, 1 to 2 minutes. Add the cauliflower and cook until tender, about 7 minutes.

Cook the pasta in the boiling water according to the package directions, until tender yet al dente. Drain the pasta and add it to the pan with cauliflower. Toss over high heat for 1 minute. Grate Pecorino over the pasta, and serve immediately.