



Cauliflower Caper Whole Wheat Penne

NIBBLEDISH CONTRIBUTOR

Ingredients

- 10oz whole wheat penne
- Extra virgin olive oil
- 1lb of cauliflower florets
- 2 shallots sliced into thin rings
- 2 cloves of garlic smashed and roughly chopped
- 3/4 cup water
- 1/4 cup your favorite white wine
- 1 tbsp heavy cream
- 1 tbsp of golden raisins
- 1 tbsp honey
- 1 tsp capers
- 1 sprig of fresh thyme
- 1 bay leaf
- 1 tsp fennel seeds
- 3 tbsp roasted pine nuts
- 3 tbsp chopped flat leaf parsley
- 1/4 cup grated pecorina romano
- 1/4 cup grated parmesan
- salt
- pepper

Instructions

Cook the pasta al dente. Set aside. In a large skillet, heat 2 tbsp of olive oil over medium heat. Sweat the shallots and garlic in it for a few minutes. Then toss in the cauliflower florets until they achieve a light golden color.

Add the following ingredients. (Make sure you add them all in at the same time or one flavor will overpower the others). Another 2 tbsp of olive oil, 2 tsp of salt, add the water, white wine, heavy cream, raisins, honey, capers, thyme, bay leaf, and fennel seeds. Cover and cook on a low simmer until cauliflower is fork tender, then discard the thyme and bay leaf. Remove from heat.

Add penne, roasted pine nuts, parsley, and cheeses. Toss it all up and serve with a cup of white tea.