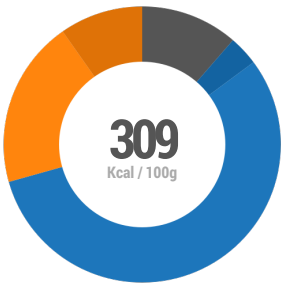


Charred cauliflower, caper and lemon pasta




CALORIES:

59.3% Carbs


11.4% Protein


29.4% Fat

CONTAINS:



WHEAT


MAY CONTAIN:


MUSTARD


SOYA

OTHER PROPERTIES:


VEGETARIAN


VEGAN

| Recipe Ingredients ... | Quantity: | Description: |
|--|-----------|--------------|
| 10376 (19 Oct 2023) - 10376 Cauliflower (19 Oct 2023).. - BRAKES | 50g | 0.04x Each |
| 36037 - 36037 Brakes Capers in Brine.. - BRAKES | 5g | 0x Each |
| 114218 Lemons (19 Oct 2023).. <td>0.5g</td> <td></td> | 0.5g | |
| 18018 - 18018 Brakes Pine Kernels.. - BRAKES | 5g | 0.01x Each |
| 146182 - 146182 Sysco Classic Conchiglie.. - BRAKES | 175g | 0.18x Each |
| 10527 - 10527 Roquette (19 Oct 2023).. <td>10g</td> <td>0.04x Each</td> | 10g | 0.04x Each |
| 100262 - 100262 Font Oliva Extra Virgin Olive Oil.. - BRAKES | 10g | 0.01x Each |
| 113884 (19 Oct 2023) - 113884 Herb Bunched Curly Leaf Parsley (19 Oct 2023).. <td>10g</td> <td>0.04x Each</td> | 10g | 0.04x Each |
| 133699 - 133699 Flora Plant B+tter Unsalted.. - BRAKES | 15g | 0.06x Each |

1 Serving



 **Product code**

 **Barcode**

 **281g** / **880kcal**

1

Sustainability & Foodprint...

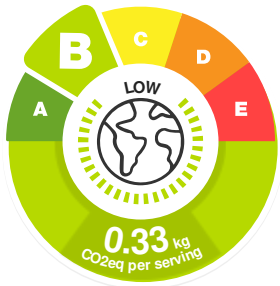
| Component | Grade | Contribution |
|-----------|-------|--------------|
|-----------|-------|--------------|



Food Production

0.33kg

| | | | |
|-------|--|---|--------|
| 50.0g | 10376 Cauliflower (19 Oct 2023) | A | 0.02kg |
| 5.00g | 36037 Brakes Capers in Brine | B | 0.01kg |
| 0.50g | 114218 Lemons (19 Oct 2023) | A | 0.00kg |
| 5.00g | 18018 Brakes Pine Kernels | B | 0.01kg |
| 175g | 146182 Sysco Classic Conchiglie | B | 0.18kg |
| 10.0g | 10527 Roquette (19 Oct 2023) | A | 0.01kg |
| 10.0g | 100262 Font Oliva Extra Virgin Olive Oil | B | 0.03kg |
| 10.0g | 113884 Herb Bunched Curly Leaf Parsley (19 Oct 2023) | A | 0.01kg |
| 15.0g | 133699 Flora Plant B+tter Unsalted | C | 0.07kg |



Water Usage

391l

| | | | |
|-------|--|----|-------|
| 50.0g | 10376 Cauliflower (19 Oct 2023) | 1 | 14.3l |
| 5.00g | 36037 Brakes Capers in Brine | X | - |
| 0.50g | 114218 Lemons (19 Oct 2023) | 2 | 0.32l |
| 5.00g | 18018 Brakes Pine Kernels | X | - |
| 175g | 146182 Sysco Classic Conchiglie | 3 | 232l |
| 10.0g | 10527 Roquette (19 Oct 2023) | X | - |
| 10.0g | 100262 Font Oliva Extra Virgin Olive Oil | 10 | 144l |
| 10.0g | 113884 Herb Bunched Curly Leaf Parsley (19 Oct 2023) | X | - |
| 15.0g | 133699 Flora Plant B+tter Unsalted | X | - |



foodprint



62% Data Quality Score



Your Transport & Packaging:



1 Serving 281g (serves 1)

Cooking Instructions & Notes

Preparation:

Cut the cauliflower into bite size chunks.

Toast the pine nuts

Chop the parsley

Method:

1. Place the cauliflower in a hot oven at 250oC with half the olive oil and season - cook until slightly charred.
2. In a pan over a medium heat melt the plant butter and warm the capers and pine nuts - add in the cauliflower and the zest and juice of the lemon.
3. Place the pasta into the boiling water and cook until al dente - drain and add to the cauliflower pan along with the parsley
4. Toss the pasta and mix well - season to taste
5. Serve on a suitable dish and garnish with the rocket and olive oil