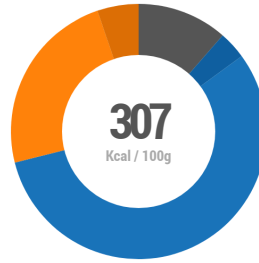


Charred cauliflower, caper and lemon pasta

OVERVIEW ...



CALORIES:

59.6% Carbs

11.4% Protein

28.9% Fat

FOOD LABELLING...

Serves 1

CONTAINS:



WHEAT

MAY CONTAIN:



MUSTARD



SOYA

OTHER PROPERTIES:



VEGETARIAN



VEGAN

RECIPE INGREDIENTS ...

QUANTITY:

DESCRIPTION:

METHOD:

10376 Cauliflower.. - BRAKES

10376 CAULIFLOWER FRESH DIRECT

BRAKES 50g

0.04x Each

unchanged

36037 Brakes Capers in Brine.. - BRAKES

36037 CAPERS IN BRINE

BRAKES 5g

Each

N/A

114218 Lemons..

LEMONS FRESH DIRECT

BRAKES 0.5g

unchanged

18018 Brakes Pine Kernels.. - BRAKES

18018 PINE KERNELS

BRAKES 5g

0.01x Each

unchanged

146182 Sysco Classic Conchiglie..

CONCHIGLIE

BRAKES 175g

0.18x Each

unchanged

10527 Roquette..

ROQUETTE FRESH DIRECT

BRAKES 10g

0.04x Each

unchanged

100262 Extra Virgin Olive Oil.. - BRAKES

100262 EXTRA VIRGIN OLIVE OIL

BRAKES 10g

0.01x Each

unchanged

113884 Herb Bunched Curly Leaf Parsley.. - BRAKES

113884 PARSLEY

BRAKES 10g

0.04x Each

N/A

78240 Flora Buttery 2kg.. - BRAKES

78240 BUTTERY 2KG

BRAKES 15g

0.01 x Each

unchanged

PRODUCTS / PACK SIZES ...

1 Serving



281g / 875kcal

1.0

COOKING INSTRUCTIONS & NOTES

METHOD

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