

# Garlic Butter Cauliflower Pasta

**Cook Time: 25 min**

**Calories: 408**

**Carbs: 58g**

**Fat: 14g**

**Protein: 13g**



## Before we start you will need:

Large skillet – Bowl

## Ingredients

2 slices of bread  
 Oil spray (preferably olive oil)  
 2 tbsp unsalted butter  
 1 tbsp olive oil  
 2 garlic cloves, smashed  
 1/2 large head of cauliflower  
 250 g fettuccine Pasta  
 1/2 red onion, thinly sliced  
 1/2 to 1 tsp red chili flakes  
 1 lemon: 2 tbsp lemon juice + zest of 1/2 the lemon  
 Salt & pepper  
 Parmesan cheese  
 Fresh parsley, finely chopped



1. Remove the crust from the bread and dice into small pieces - you want (at least!) 1/2 cup. Spray generously with oil
2. Heat a large skillet over medium high heat. Add the bread crumbs and saute for about 2 minutes until golden brown. Remove from the skillet into a bowl and sprinkle with salt.
3. Return the skillet to the stove. Melt the butter then add the oil. When hot, add the smashed garlic cloves and cook for 1 minute until fragrant.



4. Add the cauliflower. Cook, stirring occasionally, for around 3 minutes, then add the red onion and sprinkle with salt and pepper. Continue cooking for another 5 minutes, until the cauliflower is beautiful golden brown but still a bit firm.
5. Remove the smashed garlic cloves.
6. Meanwhile, cook the pasta in salted boiling water - 1 minute less than the recommended cooking time.
7. RESERVE 1/2 cup of the pasta cooking water. Then drain the pasta.



8. Pour the reserved pasta cooking water into the skillet along with the red chili flakes, a good pinch of salt and pepper. Gently toss the pasta for 1 to 2 minutes, until the water evaporates.
9. Remove from the stove. Grate over zest of 1/2 the lemon and drizzle over about 2 tbsp of lemon juice. Toss quickly.
10. Serve, sprinkled with bread crumbs with freshly grated parmesan and parsley.

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