

Cauliflower & Kale Tossed with Linguine

Season: Winter/Spring

Serves: 30 tastes in the classroom
or 6 serves at home

Fresh from the garden: cauliflower, chilli, garlic, kale, lemon, parsley

Equipment:

metric measuring spoons
and scales
clean tea towel
chopping board
cook's knife
2 frying pans – 1 small, 1 large
zester
fine grater
large saucepan with steamer
colander
wooden spoon
serving platter

Ingredients:

1 large cauliflower, chopped into florets
1¼ tsp salt
1 quantity of **Basic Pasta Dough**
2 tbsp olive oil
3 garlic cloves, finely chopped
1 long red chilli, de-seeded and
finely sliced
80 g pine nuts, toasted
1 lemon, zested
½ bunch kale, finely shredded
2 large handfuls of parsley,
roughly chopped
100 g parmesan cheese,
finely grated
¼ tsp pepper, to taste
homemade breadcrumbs, toasted



What to do:

1. Prepare all of the ingredients based on the instructions in the ingredients list.
2. Fill the large saucepan with water and bring to a simmer. Place the steamer on top and add the cauliflower. Put the lid on and steam the cauliflower for 5–7 minutes until tender. Drain and set aside.
3. Use the **Basic Pasta Dough** to make linguine.
4. ***Fill the saucepan with water again, add 1 teaspoon of salt and bring to the boil.** Add the linguine and cook until al dente. Drain, reserving ½ cup of pasta water.
5. Meanwhile, heat the olive oil in the large frying pan over a medium heat. Add the steamed cauliflower and fry for about 5 minutes until golden.
6. Add the garlic, chilli, toasted pine nuts and lemon zest, and cook for 2 minutes.
7. Add the kale and half of the parsley, and stir through until softened.
8. Fold the cooked pasta through the sauce, adding the ½ cup of pasta water (this will help combine the sauce and the pasta).
9. Toss the parmesan through the pasta.
10. Taste and season with the remaining salt and the pepper, if required.
11. Transfer the pasta to your serving platter.
12. Sprinkle with breadcrumbs and the remaining parsley before serving.