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## Veggie Rigatoni [1]

# Veggie Rigatoni

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### Ingredients

3fl oz. olive oil  
1 head cauliflower, broken into florets  
salt to season  
4 cloves garlic, sliced  
1 onion, diced  
6fl oz. heavy cream  
1/2 tsp. chili flakes  
2 tins chopped tomatoes  
4 oz. pitted green olives  
1lb. rigatoni  
pecorino cheese for garnish  
Servings  
4  
Person

### Preparation

- **1**  
Preheat the oven to 220 °C
- **2**  
Toss the cauliflower with 1 oz. olive oil and bake for 20min. Tossing occasionally
- **3**  
Meanwhile heat the remaining oil in a skillet and saute the onion, garlic and a pinch of salt until the onion is translucent
- **4**  
Transfer the contents of the skillet to a blender and add the tomatoes, cream, chili and some salt, blend until smooth
- **5**  
Return the contents of the blender to the skillet and bring to a simmer on a low heat, season to taste
- **6**  
Cook the rigatoni according to the package instructions, take 5fl oz. water from the boiling pasta and reserve it to dilute the sauce if it gets too thick
- **7**  
Add the rigatoni, cauliflower and olives to the sauce and mix gently, season to taste
- **8**  
Serve with shavings of pecorino immediatly.

Cooks Note  
Serves 4

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### Links

[1] <https://www.expatswoman.com/ewfood/recipes/veggie-rigatoni>  
[2] <https://www.expatswoman.com/ewfood/flag/flag/madeit/5945?>

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