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by ewfood

Veggie Rigatoni

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
