

Cauliflower Cheese Spaghetti

RECIPE LIGHTLY ADAPTED FROM JAMIE OLIVER



Ingredients

2 c SWP frozen Cauliflower
1 leek (optional)
Olive oil
2 cloves of garlic
1 slice stale bread
½ c SWP Pecan Pieces
1 pinch of dried thyme
1 T flour
1 ¾ c milk
½ c Cheddar Cheese
¾ pound dried spaghetti
noodles

Directions

1. Place the frozen cauliflower into a microwave-proof bowl. If using the leek, trim off the white part (putting the green aside for later), add to the bowl and cook in the microwave for about 10 minutes, or until the cauliflower is defrosted.
2. Meanwhile, place a large non-stick frying pan on a medium-high heat with 1 tablespoon of olive oil. Peel, finely slice and stir in 1 clove of garlic and cook for 2 minutes, or until golden, then very finely slice and add the green leek on top. Roughly chop the bread to create breadcrumbs, add to the pan and fry for 5 minutes, or until starting to crisp, stirring occasionally. Finely chop and add the nut, stirring until toasted, then transfer everything to a plate.
3. Return the pan to the heat with 1 teaspoon of oil. Peel, finely slice and add the remaining garlic and fry for 2 minutes, or until golden. Slice and add the softened white part of the leek, then stir through the dried thyme and softened cauliflower.
4. Stir the flour into the pan, then gradually add the milk, a ladleful at a time, stirring continuously until you have a smooth sauce. Remove from the heat, then either blitz it with a hand blender until silky smooth or use a potato masher to mash everything together to create a rustic sauce. Grate in most of the cheese, stirring gently to combine.
5. Cook the pasta in a pot of salted boiling water according to the package directions, then drag it straight into the sauce, taking a little cooking water with it.
**Note: Even though this is the last step, you will want to start your pot of water earlier on so everything will finish around the same time.