



Garlic Penne with Cajun Cauliflower

Servings 3

Prep 10 min

Cook 35 min

Cajun Cauliflower

- 1 Head Cauliflower
- 2 tsps. Oil
- 2 tsps. Paprika
- ¼ tsp. Cayenne
- ½ tsp. Ground Black Pepper
- ½ tsp. Red Pepper Flakes
- ½ tsp. Dried Thyme
- 1 tsp. Dried Oregano
- 1 tsp. Garlic Powder
- ¼ tsp. Onion Powder
- ½ tsp. Salt

Garlic Pasta

- 8 oz. Gluten Free Penne
- 2 tsp. Olive Oil
- 3 cloves (minced) Garlic
- 2 cups Unsweetened Non Dairy Milk
- 1 Tbsp. Gluten Free Flour
- 1 Tbsp. Arrowroot/Corn Starch
- 10 cloves Roasted Garlic
- 1 tsp. Smoked Paprika
- ¼ tsp. Dried Thyme
- 2 Tbsp. Nutritional Yeast
- ½ tsp. Salt
- chopped for garnish Basil

Directions

For Saucier pasta, double the sauce or make 1.5 times with 3 cups non dairy milk.

Oil-free: Water saute the garlic for the pasta sauce and continue.

Use aquafaba or flax egg for the cauliflower. Lightly dab aquafaba all over the florets, then toss florets in the spice blend.

Cajun Cauliflower:

- 1 Preheat the oven to 425 degrees F. Add the Cauliflower florets to a large bowl. Drizzle oil and mix using a spatula or rub it in using hands.
- 2 In a small bowl, mix the ingredients under cajun spice blend. Add a bit more paprika if using mild. Sprinkle all over the cauliflower florets and toss to coat. (use 1.5 tbsp or more of premade cajun blend).
- 3 Bake for 25 to 30 mins.

Garlic Pasta:

- 1 Make the pasta according to instructions on the package, drain and set aside.

- 2 Heat oil in a skillet over medium low heat. Add minced garlic and cook for 3 to 4 minutes, or until golden, stirring occasionally.
- 3 Meanwhile blend the rest of the ingredients (except garnish) until smooth. Add to the pan. Increase heat to medium.
- 4 Bring the sauce to a boil stirring occasionally. Taste and adjust salt and flavor carefully. Simmer for another 2 minutes. Fold in the pasta. Take off heat, cover and let sit for 2 minutes.
- 5 To serve, add warm baked Cajun Cauliflower on top. Garnish with chopped parsley or basil, some cayenne/pepper and lemon juice.