

Vegan Cauliflower Pasta

This is one delicious and super quick meal that I made with my friend [Miguel Barclay](#) who is the master behind One Pound Meals.

Serves 2

Ingredients

olive oil.

$\frac{1}{2}$ cauliflower

salt

black pepper

140g pasta of choice

Method

- Break off a handful of small florets from the cauliflower and set aside. Roughly chop the rest.
- Bring 2 large pans of water to a boil. Add 2 generous pinches of salt to both pans.
- Place the chopped cauliflower in one pan. Simmer for 7 minutes. Drain the cauliflower and transfer to a blender. Blitz to a purée.
- Add 1 tbsp oil to a hot frying pan. Add the small cauliflower florets with a pinch of salt and pepper. Cook for 5-7 minutes until golden. Transfer to a bowl and set aside.
- Cook the pasta according to packet instructions. Use tongs to transfer the pasta to a large bowl. Add the purée and a drizzle of olive oil.
- Serve with another drizzle of oil and garnish with the fried cauliflower.