

Kate Middleton's Pasta Alfredo★

CAVOLFIORÉ ALL'ALFREDO ALLA KATE MIDDLETON

SERVE 4 TO 6

I named this after Kate Middleton because I always fantasize about what I would cook for her if she came over for lunch. Well, it would surely be this decadent pasta Alfredo because it is absolutely perfect, just like her! She would ask about the secret ingredient, and I would tell her it is pureed cauliflower—healthy, delicious, gluten-free, and fit for royalty. She'd jot down the recipe and go home and cook it for Prince William!

For a shortcut, purchase precut cauliflower at the grocery store.

NOTE: If sauce thickens too much as it sits, reconstitute the pasta by adding a little bit of water or nondairy milk. Stir over medium heat until smooth. Adjust seasoning again to taste.

12 ounces cauliflower florets,
not frozen

5 garlic cloves, peeled and
left whole

1 onion, sliced

¼ cup olive oil

1½ teaspoons sea salt

1 pound brown rice penne or
fusilli

2 cups almond milk

2 tablespoons lemon juice

Freshly ground black pepper

Chopped fresh Italian parsley
for garnish

Parmesan Topping (page 244)

Preheat the oven to 425°F.

Spread cauliflower, garlic, and onion on a large rimmed baking sheet and drizzle with oil. Season with 1 teaspoon of the salt, then roast for about 30 minutes, or until cauliflower is fork-tender, turning frequently with a spatula. Add more oil as needed.

Meanwhile, bring a large pot of salted water to a boil. Add pasta and cook according to package directions. Drain and return to the pot.

Transfer roasted vegetables to a blender and add almond milk, lemon juice, and the remaining ½ teaspoon salt. Blend until very smooth. Adjust seasoning to taste, remove from blender, and toss with hot pasta. Season with pepper, and top with parsley and Parmesan topping. Serve immediately.