

Cheesy Cauliflower Animal Pasta

RECIPE



kid
approved!



the source
BULK FOODS

CHEESY CAULIFLOWER ANIMAL PASTA

SERVES 6

DAIRY FREE

INGREDIENTS

500g organic gluten free animal pasta
1 kg cauliflower, cut into small florets
500mL water
1 small carrot, peeled and chopped into small chunks
1 brown onion, quartered
2 tbsp chicken bone broth powder
2 tbsp organic red miso powder
2 tbsp Australian garlic granules
60g nutritional yeast flakes
½ tsp Dijon mustard
2 tbsp coconut oil

METHOD

Bring a large pot of water to the boil and cook pasta for 8-10 minutes or until preferred texture, taking care not to overcook.

In a medium pot, add the cauliflower, water, carrot and onion and bring to a simmer with the lid on. Cook until the vegetables are tender. Drain the water from the vegetables and reserve to thin the sauce later.

Add the cooked vegetables to a high-speed blender or food processor. Then add the chicken bone broth powder, red miso powder, garlic granules, nutritional flakes, mustard and coconut oil.

Blitz ingredients until it becomes a nice smooth consistency. To loosen the mixture and to create a smoother sauce add in the leftover cooking liquid ½ cup at a time until a sauce consistency is created that you are happy with.

Toss the animal pasta through the sauce and serve immediately.