

GARLICKY CRUCIFEROUS PASTA

PREP TIME 10 mins COOK TIME 20 mins

TOTAL TIME 30 mins

A simple superfood packed pasta dish, heavy on the cruciferous veggies, light on the pasta. Keep this vegan or add cheese (although its really good without)

Author: Sylvia Fountaine | Feasting at Home Blog

Recipe type: Main

Cuisine: vegan/ vegetarian

Serves: 2-4

INGREDIENTS

- 4 ounces dry pasta (linguini, penne, spaghetti, angel hair)
- 2 tablespoons olive oil
- ½ a medium onion, very thinly sliced
- 4-6 large cloves garlic, smashed
- 1 pound cruciferous veggies (cauliflower, broccoli, cabbage, brussel sprouts, kale) all very thinly sliced.
- 1 teaspoon salt
- ½ teaspoon cracked pepper
- ¼ or more chili flakes
- zest of one lemon
- extra olive oil for drizzling
- Additional optional garnishes- fresh basil ribbons, toasted pine nuts, grated Pecorino cheese

INSTRUCTIONS

1. Place a pot of water to boil for pasta on the stove, and cook the pasta. (do not salt)
2. While the pasta is cooking, heat oil over medium heat in a large skillet
3. Add onion and smashed garlic and saute for 2 minutes, breaking up the whole garlic with a metal spatula, just a bit, letting the oil infuse with garlic flavor.
4. Add the whole mound of thinly sliced veggies. Let this cook without stirring for a few minutes, and it will begin to settle and lower in the pan, then just gently nudge it around, letting it continue to cook down about 5 more minutes. Add 3 tablespoons hot pasta water and 1 teaspoon salt.
5. Continue cooking over medium heat, stirring occasionally.
6. When pasta is done, drain and set aside until veggies are bright green and tender.
7. Stir in the pasta.
8. Season with pepper and chili flakes.
9. Serve in bowls and garnish with lemon zest, a light drizzle of olive oil, fresh basil, and if you want, pine nuts and grated Pecorino cheese. Or keep it vegan, it's just as good!