

Cauliflower Carbonara with Pumpkin and Bacon Crumble



INGREDIENTS

350g cauliflower, chopped
1 1/4 cups reduced-fat milk
1/2 cup finely grated parmesan, plus extra to serve
1/2 cup grated cheddar cheese
375g dried pasta of choice, we used pulse pasta
500g butternut pumpkin, peeled, diced into 1cm cubes
3 rashers bacon, rind removed, finely chopped
2 tbs lemon thyme leaves
1 tbs olive oil

METHOD

Preheat oven to 200°C. To make the crumble, combine pumpkin, bacon, thyme and oil in a roasting pan. Season and toss well. Roast for 20 minutes or until pumpkin is golden brown and bacon turns crisp.

Meanwhile, combine cauliflower and milk in a medium saucepan. Bring to a simmer over medium heat. Cover and simmer for 6 minutes or until tender. Purée, using a stick blender, until smooth. Stir in cheeses and season to taste.

Cook pasta in a saucepan of boiling salted water over high heat until al dente. Drain and toss through cauliflower sauce.

Spoon pasta into serving bowls and top with crumble. Serve with extra parmesan.

Serves: 4

Prep: 25 mins

Cook: 20 minutes

Recipe: Fresh Magazine