

# CAULIFLOWER BOLOGNESE WITH PANCETTA

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COOK TIME: 45mins

SERVES: 4

CALORIES: 620 kcal (PER SERVING)

## INGREDIENTS

300 g (10.5 oz) pasta  
1 small cauliflower  
200 g (7 oz) pancetta  
1 cup chicken stock  
1 can (400 ml/14 oz) crushed tomatoes  
2 tbsp tomato paste  
olive oil  
30 g (2 tbsp) unsalted butter  
4 garlic cloves, minced  
1 small onion, finely chopped  
spices: 1 tsp each: red pepper flakes,  
dried thyme, dried sage, smoked paprika,  
black pepper, salt  
80 g (2.8 oz) grated parmesan

### \*SPICY PARMESAN BREADCRUMBS

1/2 cup panko  
2 tbsp olive oil  
1 tsp each: dried sage, red pepper flakes  
30 g (1 oz) grated parmesan  
salt

## DIRECTIONS

Cut the cauliflower into thin slices, then chop into tiny equal pieces. You can also use a food processor or a box grater.

Make the parmesan breadcrumbs. Heat a large pot over medium high heat, add 2 tbsp olive oil. Then the panko. Cook, stirring occasionally until the breadcrumbs are toasted, about 3 minutes. Add sage and red pepper flakes. Cook for 1 minute. Stir in the parmesan, lower the heat and cook for 1 minute more. Season with salt. Transfer the breadcrumbs onto a plate.

In the same pot, heat 2 tbsp olive oil over medium-high heat. Add pancetta, cook stirring occasionally until crispy and browned, about 5 minutes. Remove from pot.

Now heat 2 tbsp olive oil and butter. Add half of the cauliflower, sauté for 3 minutes over high heat. Add the remaining cauliflower and sauté until slightly browned and crispy-tender, 5 minutes. Stir in garlic and onion, cook for 5 minutes until fragrant. Stir in spices. Add chicken stock, crushed tomatoes and tomato paste. Bring to a boil, lower the heat and simmer for about 15 minutes.

Meanwhile, cook the pasta in a large pot of boiling generously salted water, until al dente. Drain, reserving 1/2 cup cooking water.

When the sauce is ready, stir in grated parmesan, add pancetta and 1/4 cup pasta cooking water. Season with extra black pepper, taste and adjust seasoning with salt. Toss with pasta.

Divide among bowls, top with parmesan breadcrumbs and enjoy!

Thanks for making! ... And if you love these recipes please consider supporting me by becoming a Cooking Club Member or just buy me a coffee.