

Cauliflower Alfredo

Ingredients

- 6 cups water
- 1 head cauliflower florets
- 1 cup milk
- 2 tablespoons butter
- 1 clove garlic
- 1 teaspoon salt
- 1 teaspoon pepper
- 1 lb cooked pasta
- vegetarian parmesan cheese, to serve
- fresh parsley, to serve

Steps

1. Boil 6 cups water over medium high heat. Add large pinch of salt
2. Add 1 head cauliflower florets
3. Cover pot and boil 5-6 mins, or until cauliflower is soft
4. With slotted spoon, add cooked cauliflower to a blender
5. Add to blender and blend until smooth
 - 1 cup milk
 - 2 tbsp butter
 - 1 clove garlic
 - 1 tsp salt
 - 1 tsp pepper
6. Toss cooked pasta with cauliflower alfredo
7. Serve topped with parmesan and parsley