

Sausage-Basil Ragú over Tender Cauliflower with Parmesan



30 minutes | 2 servings

Find cookware

[can opener](#)
[chef's knife](#)
[colander](#)
[cutting board](#)
[garlic press \(optional\)](#)
[grater](#)
[large pot](#)
[measuring cups](#)
[measuring spoons](#)
[medium saucepan](#)
[mixing bowls](#)
[stirring spoon](#)

Grab ingredients

| | |
|---------------|------------------------|
| 1 medium head | cauliflower |
| ½ small pkg | fresh basil |
| 1 clove | garlic |
| 1 oz | Parmesan cheese |
| 2 | pork sausages |
| 1 (8 oz) can | tomato sauce |
| ½ medium | yellow onion |
| | black pepper |
| | brown sugar |
| | cinnamon, ground |
| | extra virgin olive oil |
| | Italian seasoning |
| | rosemary, dried |
| | salt |

Cook & enjoy

- 1 Wash, dry, and cut the cauliflower head into quarters, then trim off and discard the leaves and thick stem. Cut into small, bite-sized florets. Transfer to a medium bowl and set aside.
1 medium head cauliflower
- 2 Preheat a medium saucepan over medium heat.
- 3 Meanwhile, peel and small dice onion.
½ medium yellow onion
- 4 Once the saucepan is hot, add oil and swirl to coat the bottom. Add onion and cook, stirring often, until it begins to soften, 3-4 minutes.
2 tsp extra virgin olive oil
- 5 While the onion is cooking, fill a large pot about halfway with hot water (from the tap); cover and bring to a boil over high heat.
- 6 Use the tip of a knife to slice down the length of each sausage. Peel off the casings and discard. Add sausage meat to the saucepan with the onions and, breaking apart with a spoon, cook until starting to brown, about 4 minutes.
2 pork sausages
- 7 Peel and mince garlic.
1 clove garlic

- 8 Add garlic, tomato sauce, water, sugar, and spices to the saucepan and stir to combine. Cook, stirring occasionally, until slightly thickened, 4-5 minutes.

1 (8 oz) can tomato sauce

⅓ cup water

½ tsp brown sugar

¼ tsp rosemary, dried

¼ tsp Italian seasoning

¼ tsp salt

⅛ tsp black pepper

1 pinch cinnamon, ground

- 9 Once the water in the pot is boiling, add cauliflower and salt. Cook, stirring occasionally, until fork-tender, about 3 minutes. Drain in a colander and set aside.

¼ tsp salt

- 10 Meanwhile, finely grate Parmesan and set aside.

1 oz Parmesan cheese

- 11 Wash and dry basil. Pick leaves off the stems, roll up crosswise, and thinly slice into ribbons. Add to the ragú and stir to combine. Remove from heat.

½ small pkg fresh basil

- 12 To serve, divide cauliflower and ragú between plates or bowls. Garnish with Parmesan and enjoy!