

Cauliflower (Gluten Free) Alfredo

A light yet thick and delicious alfredo sauce made with cauliflower. Try it with a gluten free pasta and steamed vegetables as a side.

Categories

Gluten-free

Yields: 4 servings

Preparation time: 20 mins

Cooking time: 20 mins

Category: Entrees

Complexity: Moderate

Vegan experience: Absolute beginner

Preparation style: Cooked



Ingredients

Cauliflower, cooked from fresh	1 medium - head - 5" to 6" diameter
Olive oil	0.5 tablespoon
Garlic, fresh	3 clove
Onion, white, yellow or red, raw	1 small
Soy milk, plain or original, unsweetened, ready-to-drink, enriched	0.5 cup
Nutritional yeast flakes	1 x 1/4 cup
Lemon juice, fresh	1 tablespoon
Garlic, powder	0.25 teaspoon
Salt, sea salt	1 dash
Black pepper, ground	0.5 teaspoon
Cayenne	0.25 teaspoon
Gluten free pasta, multigrain, cooked in unsalted water	350 gram
Parsley, fresh	0.25 cup

Instructions

1. Cut cauliflower into florets and steam until done, about 10 minutes. Or boil in a pot of water but do not cover the cauliflower. Only half cover it.
2. Make the pasta according to package directions.
3. Dice the garlic and onion. Use a small onion or about 3 green onions.
4. Add the cooked cauliflower, garlic and onion, spices (start with very little cayenne and adjust accordingly), soya milk (or other nut milk but not sweetened or vanilla flavoured), nutritional yeast and lemon juice in a blender. Blend until smooth. Adjust seasonings to taste.
5. Drain pasta. Add the cauliflower sauce to the pasta and stir gently to combine. Heat over low heat. Note: the pasta will tone down the sauce flavour so you may need to add more spices. Taste and season accordingly before serving.
6. Serve warm. Add a bit of salt and pepper and a squeeze of lemon along with some fresh parsley. Delicious when served with a side of steamed veggies such as asparagus or peas.

