



Penne with Pancetta and Romanesco Cauliflower

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



568 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.3 cup capers rinsed roughly chopped well
- ☐ 1 cup chicken broth
- ☐ 6 servings olive oil for drizzling
- ☐ 8 ounce pancetta cut into 1 x ¼ x ¼-inch batons
- ☐ 0.3 cup parsley fresh italian chopped
- ☐ 1 pound penne pasta dried
- ☐ 1 teaspoon pepper flakes red

- ☐ 6 servings salt for seasoning and for the pasta water (both)

Equipment

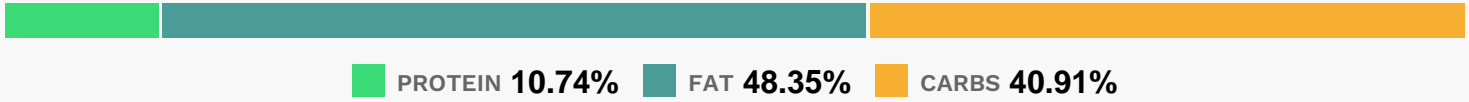
- ☐ bowl
- ☐ frying pan
- ☐ skimmer

Directions

- ☐ Slice the florets off the cauliflower. Then slice about half the larger florets into 1/8 inch thick pieces. They will break apart a bit producing some crumbly bits as well as nice neat slices. Keep these bits and then mix all the varying sized pieces of cauliflower together in a small bowl and set it aside.
- ☐ Heat a good-sized sauté pan over medium heat and add 2 tablespoons of olive oil.
- ☐ Add about the pancetta batons and cook them 5 or 6 minutes until they render some fat. Don't let them get too brown just yet.
- ☐ Add the diced onion to the pan and cook the onion and the pancetta about 2 more minutes until the onions soften.
- ☐ Add the capers to the pan and mix well. Turn the heat up to medium-high. When the pan gets hot its time to put the cauliflower into the pan.
- ☐ Add about half of it. Remember your goal is lots of interesting texture from the vegetables.
- ☐ At this point be patient. Don't stir the mixture around too much. Remember you want crisp and chewy textures. If you move the vegetables around too much you'll end up with a steamed vegetables. Once some of the vegetables begin to get brown and crispy in a few areas you can give the pan a toss, or quick stir.
- ☐ Add the rest of the veggies and repeat the process. This way the texture really will run the gamut from crispy little bits, to soft luscious chunks.
- ☐ Now add about 1 cup of chicken broth to the pan with the red pepper flakes.
- ☐ Meanwhile prepare the penne according to the package direction until al dente. Then use a large wire skimmer to drop the pasta directly into the sauté pan. Some water will come along and that is just fine. Bring the sauce and penne to a boil, tossing and stirring to coat the pasta.

- ☐
- Check your seasoning. Stir in about ½ of the breadcrumbs, the parsley, and 2 tablespoons of good quality olive oil. Cook, stirring the pasta often, until the sauce is slightly thickened.
- ☐
- Pour the pasta out onto a serving platter.
- ☐
- Garnish with the last of the breadcrumbs and serve it up!

Nutrition Facts



Properties

Glycemic Index:12.33, Glycemic Load:22.72, Inflammation Score:-5, Nutrition Score:14.939999829168%

Flavonoids

Apigenin: 5.4mg, Apigenin: 5.4mg, Apigenin: 5.4mg, Apigenin: 5.4mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 9.61mg, Kaempferol: 9.61mg, Kaempferol: 9.61mg, Kaempferol: 9.61mg Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg Quercetin: 12.59mg, Quercetin: 12.59mg, Quercetin: 12.59mg, Quercetin: 12.59mg

Nutrients (% of daily need)

Calories: 567.72kcal (28.39%), Fat: 30.36g (46.7%), Saturated Fat: 7.2g (45.01%), Carbohydrates: 57.79g (19.26%), Net Carbohydrates: 54.94g (19.98%), Sugar: 2.26g (2.51%), Cholesterol: 25.73mg (8.58%), Sodium: 620.96mg (27%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.17g (30.34%), Selenium: 55.69µg (79.56%), Vitamin K: 51.65µg (49.19%), Manganese: 0.73mg (36.54%), Phosphorus: 202.06mg (20.21%), Vitamin E: 2.49mg (16.58%), Copper: 0.31mg (15.62%), Vitamin B3: 3.01mg (15.05%), Magnesium: 51.51mg (12.88%), Vitamin B1: 0.18mg (12.33%), Fiber: 2.85g (11.4%), Vitamin B6: 0.22mg (10.94%), Zinc: 1.63mg (10.85%), Iron: 1.58mg (8.77%), Potassium: 273.88mg (7.83%), Vitamin B2: 0.11mg (6.75%), Vitamin A: 334.26IU (6.69%), Vitamin B5: 0.55mg (5.54%), Folate: 19.18µg (4.79%), Vitamin C: 3.64mg (4.41%), Calcium: 34.04mg (3.4%), Vitamin B12: 0.2µg (3.28%), Vitamin D: 0.15µg (1.01%)