

Mushroom Pasta with Cauliflower

Easy roasted cauliflower mushroom pasta recipe with garlic and herbs. A creamy, flavorful vegetarian dish ready in 25 minutes.

10 min

PREP

15 min

COOK

25 min

TOTAL

4

SERVINGS

Medium

DIFFICULTY

Ingredients

- 1 pack pasta
- 3.5 oz kashari cheese
- 1 capia pepper
- 1 cauliflower
- 2 sprig fresh oregano
- 7 oz mushroom
- 2 clove garlic
- 1 onion
- 2 tbsp olive oil
- 1 tsp salt
- 1 tsp black pepper
- 1 lemon

Instructions

1 Prepare the pasta

Bring a large pot of salted water to a rolling boil over high heat. Add the 1 pack pasta and cook according to package directions until al dente. Reserve 1 cup of the starchy pasta cooking water before draining the pasta completely.

2 Prepare the vegetables

Peel and finely chop the 2 cloves garlic and 1 onion. Strip the leaves from the 2 sprigs fresh oregano and roughly chop them. Cut the 7 oz cauliflower into uniform bite-sized florets, about 1 inch pieces.

- 3 Wipe the 3.5 oz mushrooms clean with a damp paper towel and slice them evenly into ¼-inch thick pieces. Slice the 1 dried pepper if using, removing seeds for less heat.
- 4 **Build the aromatic base**

Heat the 2 tablespoons olive oil in a large skillet or wide pan over medium heat. Add the chopped garlic, onion, sliced dried pepper, and fresh oregano. Cook, stirring frequently, until the onions are soft and translucent and the mixture is fragrant, about 3-4 minutes.
- 5 **Cook the mushrooms**

Add the sliced mushrooms to the pan and increase heat to medium-high. Cook without stirring for 2-3 minutes to allow browning, then stir and continue cooking until golden brown and tender, about 5-6 minutes total.
- 6 **Cook the cauliflower**

Add the cauliflower florets to the pan and stir to coat with the oil and aromatics. Cook for 2-3 minutes, then add ¼ cup of the reserved pasta water, cover, and steam until the cauliflower is tender when pierced with a fork, about 8-10 minutes.
- 7 **Create the sauce**

Remove the lid and use a fork to gently mash about half of the cauliflower pieces, creating a chunky, creamy texture that will help bind the sauce. Season with the 1 teaspoon salt and 1 teaspoon black pepper.
- 8 **Finish and serve**

Add the drained pasta to the pan and toss to combine with the vegetables. Squeeze in the juice from 1 lemon and gradually add more reserved pasta water as needed to create a silky sauce that coats the pasta, about ½ to ¾ cup total.
- 9 Remove from heat and taste, adjusting seasoning with additional salt and pepper as needed. Serve immediately in warmed bowls.

Tips

Reserve a cup of pasta cooking water before draining - the starchy water helps bind the sauce and adjust consistency if the dish becomes too dry.

Cook mushrooms in a single layer without overcrowding the pan to ensure they brown properly rather than steam, which creates better flavor and texture.

Don't wash mushrooms under running water as they absorb moisture and become soggy. Instead, clean them with a damp paper towel or soft brush.

Cut all vegetables into uniform sizes to ensure even cooking - this is especially important for the cauliflower pieces.

Season the vegetables with salt and pepper while cooking rather than just at the end - this helps develop deeper flavors throughout the dish.

Gently mash only some of the cauliflower pieces, leaving others whole for varied texture in the final dish.

Add fresh herbs like parsley or basil just before serving to maintain their bright color and fresh flavor.

Taste and adjust seasoning at the end, as the cheese adds saltiness and you may need less salt than expected.