



Classie and Essential Nutrition
A Corporate Nutrition & Healthy Lifestyles Consultancy



Crabmeat with Orecchiette Pasta (4 servings)

Ingredients

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| 1/3 cup olive oil | 10 ounces cauliflower florets, cut into ½ inch pieces - 3 cups |
| 1/2 cup nutritional yeast | 1½ cups raw cashews - chopped |
| 1/2 tsp chipotle powder | 16 ounces brown rice or regular elbow macaroni |
| 4 tsp dry mustard | 1 Tbsp distilled white vinegar |
| 1 Tbsp tomato paste | 1 pound jumbo lump crab meat |
| 4 garlic cloves - peeled and minced | 1 Tbsp smoked paprika |
| 1/2 teaspoon ground turmeric | Kosher salt and pepper |
| 4 cups unsweetened almond milk | 1/4 cup panko bread crumbs lightly toasted - <i>optional</i> |
| 1/3 cup vegetarian parmesan cheese | 3-4 Tbsps Italian Parsley chopped - <i>optional</i> |

Preparation

- In a large saucepan, heat the olive oil over medium heat. Stir in nutritional yeast, dry mustard, tomato paste, garlic, turmeric, and 2 teaspoons of salt*. Stir constantly for a minute.
- Stir in the almond milk, scraping up any browned bits and bring mixture to a simmer over medium-high heat. Stir in the cauliflower and cashews; reduce the heat to medium-low, and cook, partially covered, until cauliflower is soft enough that it falls apart when poked with a fork - 20 minutes, or so.
- Working in two batches, process the cauliflower mixture in a blender (or a food processor) until smooth.
- Cook the pasta according to the package instructions. Reserve ½ cup of the cooking liquid and drain the pasta.



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- Pour the cauliflower sauce into the pot and bring it to a gentle simmer over medium-low heat.
- Add in the drained macaroni and vinegar and cook, stirring constantly, until warmed through and the sauce is slightly thickened, 3 minutes. Gently fold in crab meat, trying to keep some of the larger lumps intact.
- If needed, use the reserved liquid to adjust consistency. Season with salt and pepper to taste.

Optional - sprinkle each bowl with toasted panko breadcrumbs and chopped parsley.