

Broccoli Pasta



Serves 4-6



35-40 minutes



Autumn



Broccoli

INGREDIENTS:

- 1 large broccoli, cut into florets
- 4 cloves garlic, 2 minced
- 3 cups pasta
- 1 handful spinach
- ½ handful basil leaves
- ¼ cup reduced fat parmesan cheese
- 2 tbsp extra virgin olive oil
- ½ cup frozen peas
- ¼ tsp red pepper flakes
- Salt and pepper, to taste

METHOD:

Cooking broccoli and pasta:

1. Bring a large pot of salted water to a boil. Add the broccoli florets and 2 cloves of garlic.
2. Cook for 5 minutes or until the broccoli is tender, but still vibrant green. Take care not to overcook the broccoli.
3. Remove the broccoli and garlic. Take out 1/2 cup of cooking water and leave the rest in the pot.
4. In the same pot of broccoli water, cook the pasta according to the packet instructions. This will infuse the pasta with the flavour of the broccoli.
5. While the pasta is cooking, combine $\frac{3}{4}$ of the cooked broccoli, cooked garlic cloves, spinach, basil leaves, pepper, and parmesan cheese in a food processor. Add a little of the cooking water that you saved earlier to help blend the ingredients into a smooth sauce.
6. Drain the pasta and save 1 cup of the pasta water for the sauce.

Making pasta sauce:

1. Heat olive oil in a large pan over medium heat. Sauté the remaining minced garlic and red chilli flakes for 2 minutes.
2. Add the frozen peas and cook for 3 minutes.
3. Stir in the prepared broccoli sauce, adding some of the saved pasta water to reach your desired consistency.

Serving:

1. Add the cooked pasta and the remaining broccoli florets to the pasta sauce pan.
2. Toss everything to combine well.
3. Adjust the seasoning with salt and pepper to your taste and serve the pasta hot.

Optional: You can also sprinkle with additional parmesan cheese to taste.

TIPS:

- You can also add pine nuts or almond to the sauce.
- You can also include vegetables like cherry tomatoes or asparagus spears. For the asparagus, cut them into bite-sized pieces and blanch them briefly before adding them to the skillet. For the cherry tomatoes, cut them into halves and add them towards the end of cooking.
- To make this recipe vegan friendly, you can replace the parmesan cheese with 1-2 tbsp of nutritional yeast.
- If you want to hide the broccoli from picky eaters, you can add all of the cooked broccoli into the blended sauce, instead of adding some florets at the end.

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