

Pasta & Broccoli

Serves 4

Ingredients

Broccoli, 1 head
Anchovies, 2 (optional)
Pasta, 380 gms, pref orecchiette
Garlic 1 clove uncut clove uncut
Olive oil
Salt and pepper
Parmesan (optional)

Method

Cut the broccoli into florets. Rinse. Boil in a large pot full of heavily salted water for 10 minutes.

Meanwhile, fry a clove of garlic and chopped anchovies, if used, in an ample drizzle of oil in a high sided pan. Remove the broccoli with a slotted spoon and transfer to frying pan. Add a little of the pasta water. Add salt and pepper and cook over medium-low heat for about 20 minutes, or until they are almost creamy. Remove the garlic clove.

Cook the pasta as directed on packet in the water in which you boiled the broccoli. Drain the pasta, (keeping some of the water), and add to the broccoli cream .

Add a ladle of cooking water, adjusting according to the creaminess of the sauce . Sauté the pasta with broccoli for a few seconds then serve it piping hot with pepper and parmesan to taste.

