

15 MINUTE BROCCOLI PASTA WITH BASIL OIL

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COOK TIME: 15mins

SERVES: 4

CALORIES: 408 kcal (PER SERVING)

INGREDIENTS

250 g/8.8 oz rigatoni
1/2 broccoli, cut into small florets
2 tbsp capers
1/2 tsp chili flakes
4 tbsp toasted sunflower seeds
grated parmesan, for serving

*BASIL OIL SAUCE

25 g/0.9 oz parsley leaves
50 g/1.8 oz basil leaves
1/4 cup/50 ml extra virgin olive oil
1 garlic clove, minced
2 tbsp lemon juice
sea salt + cracked black pepper

DIRECTIONS

Boil the pasta in salted water. 2 minutes before the pasta will be al dente, add the broccoli florets. Drain, reserving 1/4 cup of the cooking water.

While the pasta is boiling. Add basil, parsley, olive oil, lemon juice, garlic, salt and pepper to a foodprocessor. Blend the mixture until you have a slightly chunky paste. Don't overmix. Adjust the seasoning if necessary and set aside.

Add the drained pasta back to the pot together with the broccoli. Add basil oil sauce, sunflower seeds, capers and a big splash of the reserved cooking water. Season the pasta with chili flakes, salt and pepper and then stir. Serve with grated parmesan. Enjoy!

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