

# CREAMY PASTA WITH PORK AND BROCCOLI

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COOK TIME: 35mins

SERVES: 4

CALORIES: 547 kcal (PER SERVING)

## INGREDIENTS

250 g/8.8 oz pasta  
400 g/14 oz ground meat, I used 70% pork and 30% beef  
1 small broccoli 1 small onion, finely chopped 4 garlic cloves, minced  
2 tbsp olive oil 250 ml /1 cup vegetable or chicken broth, low sodium  
3/4 cup/180 ml half-and-half  
30 g/1 oz grated Parmesan  
1 tsp each: sweet paprika, oregano, black pepper, salt  
toasted pine nuts, for serving  
grated Parmesan, for serving  
red chili flakes, for serving

## DIRECTIONS

Set a large pot filled with water over high heat and bring to a boil.

Meanwhile, chop the onion and mince the garlic.

Cut the broccoli into florets, then cut the florets into small bite-sized pieces. Peel the main stem from the broccoli, and finely dice.

When water is boiling, add salt and pasta. Cook until al dente. Drain, reserving 1/2 cup of the cooking water.

Set a large non-stick pan or Dutch oven over medium high heat, add olive oil. Add ground meat, break up in pieces with a wooden spoon and cook until slightly browned, 5 minutes.

Add onion and garlic, sauté for 2 minutes, or until fragrant.

Add broccoli pieces and sauté for 5 minutes, stirring occasionally. Pour the broth and stir in the spices. Bring to a boil, cook for 5 minutes.

Add cream, simmer for 5 minutes. Remove from heat.

Stir in Parmesan, then toss with pasta. Taste and adjust salt. Add 1/4 cup pasta cooking water.

Divide pasta among bowls, top with grated Parmesan, pine nuts and some extra chili flakes. Enjoy!

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