

BROWN BUTTER BROCCOLI & WALNUT PASTA

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COOK TIME: 20mins

SERVES: 2

CALORIES: 713 kcal (PER SERVING)

INGREDIENTS

200 g/7 oz shaped pasta, like shells or orecchiette
1/2 cup/60 g walnuts, roughly chopped
1 small broccoli
3 garlic cloves, minced
60 g/4 tbsp salted butter, at room temperature
1/4 cup/50 ml olive oil
spices: 1 tsp each: smoked paprika, dried sage, crushed chili flakes, salt, black pepper
2 tbsp balsamic vinegar
grated parmesan, for serving
crushed chili flakes and black pepper, for serving

DIRECTIONS

Cook the pasta in a large pot of boiling generously salted water. Just before pasta is al dente, scoop out 1/2 cup pasta cooking liquid. Drain.

Meanwhile, cut the broccoli in florets, then cut the florets into small bite-sized pieces. Cut the stems into pieces roughly the same size as the florets. Peel the main stem from the broccoli, and finely dice.

Heat half of the butter in a large pan or skillet over medium heat. Stir the butter constantly to keep it moving. Once melted, the butter will begin to foam and sizzle. Keep stirring, about 3-5 minutes, until the butter starts to turn golden brown. It will smell intensely buttery and nutty.

Add walnuts and olive oil, cook, stirring often, until nuts are golden brown and the bottom of the pan is browned in spots, about 3 minutes.

Add broccoli and spices. Sauté, tossing frequently until crispy-tender, for about 6 minutes. Add garlic, cook until fragrant, about 2 minutes.

Add 1/4 cup cooking water to butter sauce. Stir in the remaining butter and add balsamic vinegar.

Add pasta to the sauce, stir to combine and remove from heat. Add more pasta water if needed.

Serve sprinkled with extra chili flakes, black pepper and Parmesan. Enjoy!

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