

HI GOOD LOOKING
It's time to get
cooking



Pasta with Sautéed Broccoli, Garlic and Chilli

Serves: 4 - 6

INGREDIENTS

1 Packet of spaghetti, cooked according to packet
4-5 Tablespoons extra virgin olive oil
400g Broccoli, cut into small florets blanch in hot water for a few minutes, then into a cold bath-drain.
2-3 Garlic cloves, finely sliced
½ Red chilli, finely sliced
Salt and freshly ground black pepper
Fresh pecorino cheese, grated

METHOD

1. Bring a large pan of salted water to the boil and cook the spaghetti for 8 minutes, until al dente.
2. Meanwhile, heat the olive oil in a saucepan over a high heat and add the broccoli. Leave it for 1 minute before moving so the broccoli chars, then turn and char on the other sides for about 3 minutes.
3. Add the garlic and chilli and stir-fry for a further 3 minutes. Season with salt and pepper.
4. Drain the spaghetti and add to the broccoli pan, stir well to combine and serve with plenty of cheese.

