

Orecchiette Pasta | Broccoli and Parmesan

Shopping List

200gr Orecchiette pasta

500gr Broccoli

2 fillets Anchovies

2 cloves Garlic

20gr Parmesan, grated

Method

1. Clean and sanitize the broccoli and cut off the upper part.
2. In a boiling pot of water, add some salt and cook the broccoli for 5-6 minutes without allowing it to get brown.
3. Chill in water with ice, drain and mix in a blender with a bit of olive oil and salt until you have a puree.
4. Cook the orecchiette pasta for 10-12 minutes in boiling salted water.
5. In a pan, cook the garlic and anchovy fillets in a pan with oil for a few minutes
6. Add the cooked orecchiette and half of your broccoli puree to the pan, turn off the heat and finish with parmesan and final seasoning

Composition

On a plate, spread down the broccoli puree using it as the base, then place in the middle the pasta. Add garnish and enjoy.