

Recipes by SuperNature



INGREDIENTS

500g broccoli florets
400g orecchiette or other
small pasta shells
½ cup fresh breadcrumbs
6 anchovy fillets, chopped
16 large black or green
olives, stoned
1 clove garlic
Extra-virgin olive oil
Fresh ground black pepper

Serves 2 – 4



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Western | Broccoli pasta sauce

Traditionally served with orecchiette (small, ear-shaped pasta), the broccoli and pasta in this dish must be cooked in the same water, although not at the same time. Orecchiette is a specialty pasta that may not always be easy to find, but the sauce is worth making the dish with other more easily-available small pasta shells.

DIRECTIONS:

1. Bring a large saucepan of lightly salted water to a boil.
2. Drop in broccoli and simmer for 4 – 5 minutes.
3. Remove broccoli, reserving water and drain well in a colander.
4. Splash extra-virgin olive oil over broccoli and set aside.
5. Bring water back to a boil and cook pasta until just tender (10 – 15 minutes).
6. While pasta is cooking, toss breadcrumbs in a frying pan with some oil until golden. Set aside.
7. In the same pan, add another spoonful of oil and gently sauté garlic with anchovies. Add olives. Tip broccoli into this pan and toss to reheat.
8. Drain pasta well and return it to the pasta pot. Tip in broccoli mixture, drizzle with oil and grind some pepper on top.
9. Serve in bowls and scatter with roasted breadcrumbs.

OTHER NOTES:

Organic broccoli can be used in these other ways:

Broccoli Pesto – Purée lightly cooked broccoli with basil, parsley, pine nuts, freshly grated parmesan and olive oil and toss through pasta as a variation on pesto.

Asian-style Broccolini – Drizzle oyster sauce or black rice vinegar and chilli over steamed broccolini.



From *The Cook's Companion* by Stephanie Alexander (Penguin, 2004), available at SuperNature.