



Broccoli and Anchovy Pasta



DIFFICULTY: EASY



PREPARATION TIME: 10
MINS



COOKING TIME: 25 MINS



SERVES: 4

Ingredients

- 1 head of broccoli
- 6 large anchovies, in oil
- 1 red chilli cayenne
- 2 garlic cloves, crushed
- 2 cups orecchiette pasta (or similar)
- 2 cups vegetable stock
- 25g butter, cubed
- 1 lemon, zested
- 40g gruyere cheese, grated
- Salt
- Pepper

Method

Remove the stalk from the broccoli trim and finely slice into julienne strips. Cut the broccoli into small florets and set aside. Halve and deseed the red chilli then finely slice. Lastly roughly chop the anchovies.

In a unperforated steam container combine together the orecchiette pasta and vegetable stock. Add in the chilli, broccoli stem, garlic and anchovy. Slightly mix this so the pasta won't stick together. Place in your steam oven and heat to 100°C Steam with a cooking time of 20 minutes. In a perforated tray scatter your broccoli and place into the steam oven after the pasta has been cooking for 14 minutes.

After 20 minutes check the pasta to see if it is al dente. If not, cook for an additional 3-5 minutes. Remove the tray from the oven and while still hot, add in the cubed butter and gruyere cheese then mixed until melted through the pasta.

Serve in individual bowls or family style in a large bowl with sides.

Notes

If you cannot find orecchiette pasta at your local supermarket than a small short pasta will work well such as farfalle or risoni.