



Cooking Made Easy

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Orecchiette, Herbed Pork, Tenderstem Broccoli, Chilli & Pesto

If you were spending a weekend in Rome then you might come across this dish under its traditional name, 'Orecchiette ai Broccoletti'. It's a classic Italian dish combining a few simple, yet incredibly high quality ingredients for a quick, nutritious, delicious dinner. A plateful of nutritious deliciousness in the time it takes to boil your pasta!



15 min



level 1



spicy



Orecchiette Pasta



Pork and Oregano Sausages



Chilli Flakes



Tenderstem Broccoli



Basil Pesto



Pine Nuts

Ingredients

	2P	4P
Pork and Oregano Sausages 1	1 link	2 links
Orecchiette Pasta 2	200g	400g
Chilli Flakes	¼ tsp	½ tsp
Tenderstem Broccoli, chopped	big handful	big handful
Basil Pesto 3	1 ½ tbsp	3 tbsp
Pine Nuts	1 tbsp	2 tbsp

- ⊕ May feature in another recipe
- * Good to have at home

Allergens

- 1)** Sulphites | **2)** Gluten | **3)** Milk

Nutrition per serving: Calories: 794 kcal | Protein: 33g | Carbs: 84g | Fat: 36g | Saturated Fat: 11g



1 Boil a large pot of water for the pasta. Add ½ tsp of salt.

2 Chop the tenderstem broccoli widthways into 3 pieces.

3 Cook the tenderstem in the boiling water for 1 minute. Remove the tenderstem from the water but keep the water for the pasta.



4 Cook the pasta in the water for 10 mins. Reserve 4 tbsp of the pasta water then drain.

5 Heat a frying pan up on medium high heat. Add in the pine nuts and toast them for a few mins. *Tip: Watch the nuts like a hawk as they can burn easily. Remove and keep to the side*



6 Heat 2 tsp olive oil in a non-stick pan on medium-high heat. Once hot, cut open the sausages and cook the meat in the pan (discard the skins). Cook for around 5 mins until nicely browned off.



7 Add the tenderstem and chilli and cook for 2 mins. Season with ¼ tsp of salt and a few grinds of pepper.

8 Add 4 tbsp of reserved pasta water then add the pasta. Add 1 ½ tsp of pesto and stir.

9 Serve with a sprinkle of pine nuts.