






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



spicy



Tenderstem Broccoli



Orecchiette Pasta



Pine Nuts



Pork and Oregano Sausage



Chilli Flakes



Basil Pesto

## Ingredients

	2P	4P
Tenderstem Broccoli, chopped	1½ cups	3 cups
Orecchiette Pasta <b>2</b>	200g	400g
Pine Nuts	1 tbsp	2 tbsp
Pork and Oregano Sausage <b>1</b>	1 link	2 links
Chilli Flakes	¼ tsp	½ tsp
Basil Pesto <b>3</b>	2 tbsp	4 tbsp

⊕ May feature in another recipe

🌱 Our produce comes fresh from the farm so give it a little wash before using

## Allergens

1) Sulphites | 2) Gluten  
3) Milk

**Nutrition per serving:** Calories: 792 kcal | Protein: 33 g | Carbs: 76 g | Fat: 39 g | Saturated Fat: 10 g

2



**1** Boil a large pot of water for the pasta. Add ¼ 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 sausage 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. *Tip: Add the chilli flakes slowly as they're spicy!* 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 2 tbsp of pesto and stir.

**9** Serve with a sprinkle of pine nuts.

5



6



8



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