



# Pasta with Broccoli

This dish can be adapted to suit children by serving the broccoli and pasta with milder cheese and finely chopped parsley for them before you add the remaining ingredients.

## INGREDIENTS

- One large or two small heads of broccoli trimmed to florets
- 3 tbsp of River Estate Extra Virgin Olive Oil
- 4-5 Cloves of Garlic chopped
- 5 Anchovy Fillets chopped
- 2 tbsp of Capers rinsed and coarsely chopped
- A pinch of minced fresh chilli (use more if you like chilli)
- 400gm of pasta shapes (orecchiette if possible)

## METHOD

Heat the oil in a frying pan and cook garlic, chilli, anchovies and capers on a low heat for 4-5mins, stir regularly and remove from heat when the ingredients start to form a paste.

Bring a large sauce pan of salted water to the boil. Cook pasta as instructed, adding the broccoli in the last 3 - 4mins.

Drain the pasta and broccoli and combine with the other ingredients.

## TO SERVE

Drizzle of River Estate Extra Virgin Olive Oil  
Freshly grated Parmesan Cheese  
1/4 cup of chopped flat leaf parsley