

Broccoli, Chilli & Lemon Sauce

Season: Winter/Spring

Makes: 30 tastes in the classroom or 6 at home

Fresh from the garden: basil, broccoli, chilli, garlic, lemon

This is a lovely, tasty sauce for pasta that uses loads of fresh green broccoli straight from the garden. The key to this dish is to not overcook the broccoli.

Equipment:

metric measuring scales and spoons
clean tea towel
chopping board
cook's knife
citrus juicer
zester
grater/fine grater
vegetable peeler
saucepan with steamer and lid
frying pan
food processor
mixing bowl
mixing spoon
serving platters
small serving bowl

Ingredients:

1 kg broccoli
4 garlic cloves, peeled and finely chopped
1 long red chilli, de-seeded and finely chopped
4 tbsp olive oil
1 handful of basil leaves
salt and pepper, to taste
1 quantity **Basic Pasta** of your choice
zest and juice of a lemon
50 g parmesan, grated



What to do:

1. Prepare all of the ingredients based on the instructions in the ingredients list.
2. Separate the broccoli heads from the stems. Chop the broccoli heads roughly into florets. Peel the stems and chop finely.
3. Steam the broccoli for 5 minutes, until soft but still bright green. Save a cup of the steaming liquid from the pot.
4. Pan fry the garlic and chilli in olive oil and toss in the steamed broccoli.
5. Add the broccoli, garlic, chilli, olive oil, basil leaves and reserved steaming liquid to the food processor. Pulse until puréed, but not so smooth that it is watery – leave some chunks in for texture.
6. Pour the sauce into the mixing bowl, add salt and pepper to taste.
7. Make the pasta using the **Basic Pasta** recipe of your choice.
8. Stir the sauce through the warm pasta, adding lemon juice and zest and any pasta water if needed. Transfer to serving platters.
9. Serve the grated parmesan alongside the pasta in the small serving bowl.

