











Broccoli Carbonara

SERVES 4

<p>Fill a saucepan with water and a squirt of olive oil and bring to the boil (don't forget the lid)</p>	
<p>Cut 1 head of broccoli in florets (you can even thinly slice the stalk)</p>	
<p>Place 1 cup macaroni (pasta of your choice) into boiling water and stir</p>	
<p>Place broccoli in a colander and put over saucepan to cook using the steam and cover with the saucepan lid</p>	
<p>Separate one egg (keeping the yolk) And 1 whole egg 50 ml cream ¼ tsp salt ¼ tsp pepper and whisk with a fork in a small bowl</p>	
<p>Finely chop ¼ whole chilli 2 cloves garlic</p>	
<p>Heat 1 tbs olive oil in frying pan Add chopped chilli and garlic and cook until aromatic</p>	
<p>Remove the broccoli from on top of the saucepan and add to frying pan</p>	
<p>Add ½ ladel of pasta water to the frying pan And strain the pasta using the colander</p>	
<p>Add the cream and egg mixture and strained pasta to the pan and gently stir until hot and thickened</p>	

Serve in bowls and sprinkle with 25g parmesan cheese