

Broccoli Pasta Sauce with Orecchiette

Recipe source: modified from [Broccoli Pasta with Orecchiette](#) | [Feasting At Home](#)

Fresh from the garden Romanesco broccoli, walking onions or spring onions

<u>Equipment</u>	<u>Ingredients</u>
Large bowls and colander	700 grams (6 cups packed) broccoli florets
Tea towels	6 tablespoon olive oil
Small bowls	2 spring onions or walking onions, diced
Microwave bowl	6 garlic cloves- peeled roughly chopped
Measuring spoons and cups	salt and pepper
Measuring jugs	2 teaspoons miso paste
Chopping boards	4 cups chicken stock (or veggie stock)
Vegetable knives	1 teaspoon lemon zest (from 2 lemons)
Scissors	Reserved pasta water
Large fry pan	To serve
Wooden spoon, Spatulas	500 grams home-made orecchiette pasta
Large serving spoons	1/2- 1 cup fresh grated fresh parmesan
	Pinch of chili flakes (optional)

What to do

Cut or brake broccoli into very small florets about equal size.

Measure out about 6 cups of broccoli, packed firmly.

Steam small broccoli florets in the microwave until very tender (easily pierced with a fork). Cool, then chop and set aside.

Wash and cut the walking onions or spring onions into small pieces, use the green parts too.

Peel and finely mince or grate the garlic cloves.

Heat 6 tablespoons olive in the frypan,

Add the walking onions or spring onions and garlic and saute in the olive oil, over medium heat until fragrant and golden for about 3 minutes.

Add steamed broccoli and salt and pepper.

Make 4 cups of chicken stock with 4 cups hot water and 2 teaspoons stock powder.

Measure out 2 teaspoons of miso paste and mix into chicken stock.

Stir the stock and miso into the broccoli and onion and garlic.

Bring to a gentle simmer and break the broccoli apart into small pieces with a metal spatula.

Cook until broccoli softens and breaks apart and becomes a sauce. Add the reserved pasta water as needed.

Grate 1 cup of parmesan cheese.

Stir 1/2 cup grated cheese into the sauce. Continue simmering gently on low heat until half of the liquid evaporates and it becomes the consistency of a thick sauce, about 10 minutes.

Grate 2 lemons for 1 teaspoon of lemon zest. Stir into the sauce.

Taste and add salt and pepper as needed.

Add the cooked orecchiette pasta. Toss well.

Add more hot pasta water to make extra sauce if needed.

Serve with extra parmesan cheese and ENJOY!

Note: If you like a smoother, creamier sauce, blend the sauce in the pan before adding the pasta.