

Broccoli Bow Tie Pasta

Serves Four (as a side dish)



Ingredients

For the Pasta:

- ½ pound farfalle pasta
- 2 teaspoons kosher salt (for pasta water)

For the Broccoli:

- 1 -2 heads broccoli, trimmed into florets
- 2 tablespoons olive oil
- 2 tablespoons butter
- 3 cloves garlic, minced
- ¼ cup pine nuts
- 2 tablespoons fresh lemon juice
- 2 tablespoons pasta water (after pasta has cooked)
- Couple pinches of red pepper flakes
- Salt and freshly ground pepper
- ½ cup parmesan cheese

Steps

1. Begin by blanching the broccoli. Get a large bowl ready filled halfway with water and ice. Then fill a medium-sized pot ¾ of the way full of water and bring to boil over high heat. Add a couple teaspoons of salt to the water. Once water is boiling carefully add broccoli florets and let cook for 2 minutes or until the broccoli is bright green and slightly softened - but not mushy!. Using tongs, slotted spoon or a basket strainer, remove the broccoli and place it into the ice water. Let cool for 30 seconds before removing and draining. Pat dry with a clean towel.
2. (You can use the same water you cooked the broccoli in). Cook your pasta according to the directions on the package. Drain - but reserve a couple tablespoons of pasta water - and place hot pasta and reserved pasta water in a large serving bowl. Season with salt and pepper.
3. Heat olive oil and butter in a large skillet over medium-high heat. Add the garlic, pine nuts, and red pepper flakes and saute for a few minutes being careful not to burn them. Once you smell the garlic, add the broccoli and continue cooking (stirring) to heat them through and coat them with the oil/butter. Add the lemon juice and season with salt and pepper.
4. Pour the hot broccoli mixture into the bowl with the pasta. Toss to coat. Add the parmesan cheese and toss. Taste for seasoning and serve warm.