



Ingredients



8 ounces spiral pasta
1 head of broccoli! cut into small florets
2 Tablespoons butter
1 Tablespoon olive oil
3 cloves garlic crushed
1 Teaspoon oregano
1/2 Teaspoon garlic powder
1/2 Teaspoon onion powder
2 Tablespoons flour
4 Cups vegetable stock
1 1/2 Cups heavy cream
1 Cup parmesan cheese finely grated
Small bunch fresh chopped parsley

20 Minute Parmesan Pasta with Broccoli

MOM
fueling
HUNGRY
BOYS

Instructions

- Cut the broccoli into small florets. Put them in a colander, pour over boiling water and then pour over cold water. Set aside.
- In a large deep sided skillet set over medium to high heat, add the olive oil, garlic and all the dried seasonings and herbs. Stir well and let cook for about a minute. Add the flour and stir really well.
- Add the vegetable stock and cooking cream to the pan. Whisk really well to prevent any lumps. Bring to a simmer and let thicken for 1- 2 minutes.
- Add the uncooked pasta and broccoli and stir really well to completely coat. Cover and leave to cook for about 12-15 mins. Stir a few times through cooking to prevent the pasta from sticking together.
- Reduce heat to low and add the Parmesan cheese, butter and fresh parsley. Stir well and serve.

Notes:

- Any kind of pasta will work in this dish.
- You can substitute fresh basil for the parsley if that's what your have. I don't recommend finishing the dish with dried parsley as it doesn't give the same flavour as fresh herbs.
- Can top with extra parmesan for serving if desired.
- This dish is best served fresh.