

# Orecchiette with Broccoli and Parmesan



Bialik College Kitchen Garden Program

## Ingredients:

- 2 Broccoli heads, cut into small florets
- ½ cup extra-virgin olive oil
- ½ teaspoon salt
- 500g orecchiette pasta
- 3 cloves garlic, crushed
- 1/3 cup parsley, chopped
- ¾ cup parmesan, grated
- 1 teaspoon lemon zest
- ¼ cup mixed seeds, toasted

## Equipment:

- chopping board
- cook's knife
- metric measuring cups & spoons
- colander
- grater
- zester
- large saucepan
- baking tray
- large frypan

## Method:

1. Preheat oven to 220C.
2. Bring a large pot of salted water to a boil over high heat.
3. Spread out the broccoli florets on a baking tray lined with baking paper. Toss them in ¼ cup of the olive oil and the salt. Transfer to the preheated oven and roast for 10 minutes, stirring halfway through.
4. Meanwhile, add the orecchiette to the boiling water and cook until al dente, approximately 9-10 minutes. Drain well, reserving 1 cup of pasta water for the sauce.
5. While the pasta is cooking, heat a large frypan over medium heat. Add the remaining ¼ cup olive oil and the garlic to the hot pan. Cook until the garlic has become softened and aromatic, about 3 minutes.
6. Add the pasta, the roasted broccoli, parsley, parmesan, lemon zest and toasted seeds to the frypan. Stir well to combine. Add pasta water as needed to loosen the sauce.