

Broccoli Stem Pasta



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Maximise every part of your broccoli with this healthy broccoli stem pasta recipe.

Ingredients

2-3 broccoli stems, trimmed and chopped

2.5 cups of dusilli pasta

1 garlic clove

1 bunch of dill or basil

1/2 lemon, juiced and rind grated

1/4 cup pine nuts

1/4 cup parmesan cheese

3 tbsp extra virgin olive oil

1/4 cup feta (40g), crumbled

Method:

1. In a pot of salted boiling water, cook the broccoli stems for 4-5 minutes. When tender, remove

the broccoli and plunge into ice water to stop it cooking and retain its colour. Drain well.

2. Bring the pot of broccoli water back to boil and add the pasta and cook as per packet instructions. Drain and rinse under cold water to stop cooking. Set aside.
3. While the pasta is cooking, transfer the broccoli stems into a blender, add the garlic, dill, lemon juice, lemon rind, pine nuts, parmesan and olive oil and process until smooth.
4. Mix the broccoli sauce through the pasta, then sprinkle the feta and an extra drizzle of olive oil to serve.