ITALIAN · DINNER · LUNCH

Italian Grandma's Pasta with Broccoli

30 min · Serves 6 · 421 kcal a serve · Video 14:55 · Buon-A-Petitti

No nuts listed

A Puglian-style family pasta where broccoli makes up a big share of the plate: each serve has over 100 g of broccoli for vitamin C, vitamin K and fibre, with olive oil as the main fat and only a little cheese.

Diet notes: Vegetarian with a vegetarian hard cheese instead of the pecorino Romano (traditionally made with animal rennet); Low saturated fat (3 g, 6% of the energy).

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Ingredients 9 · SERVES 6

- [ ] 1½ lb **broccoli**, washed and cut into small bite-size pieces
- [ ] **Pasta**: 1 lb dried pasta of your choice
- [ ] ¼ cup extra **virgin olive oil**
- [ ] 4 **garlic** cloves, chopped
- [ ] ¼ tsp **hot pepper flakes**, to taste
- [ ] ¼ tsp **black pepper**, or to taste
- [ ] ½–1 cup grated **Pecorino Romano** (½ cup counted)
- [ ] a little of the **broccoli cooking water**
- [ ] **salt** for the cooking water and to taste

Amounts in US units, converted from the cook's and rounded — the video has the originals.

Allergens found in the listed ingredients: Gluten, Milk. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Bring a large pot of water to the boil, salt it and cook the small broccoli pieces until tender. 1:26
2. Meanwhile, warm the olive oil in a wide pan and gently fry the chopped garlic with the hot pepper flakes, without letting the garlic brown. 2:30
3. Lift the broccoli into the garlic oil with a splash of its cooking water and let it cook a few minutes more until it breaks down almost like a cream. Keep the broccoli water boiling. 4:19
4. Cook the pasta in the same broccoli water until just al dente, then drain and toss it into the broccoli pan, adding a little more cooking water if it looks dry. 6:02
5. Season with black pepper and salt to taste, stir in the grated Pecorino Romano and serve with a little extra cheese on top. 7:26

> **Tip** Serves about 6 (1 lb of pasta; our estimate). Use wholewheat pasta for more fibre, or add a can of cannellini beans for extra protein. Reheat leftovers with a splash of water.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 6 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
421 kcal	16 g	60 g	6 g	13 g	550 mg
1,760 kJ	32% of a day	54 g net · 3 g sugars	22% of a day	3 g saturated	24% of a day
		22% of a day		17% of a day	

Energy from net carbs 55% · protein 16% · fat 29%

High in (20%+ of a day) Vitamin C 113% · Vitamin K 101% · Selenium 88% · Folate 21%

Source of (10–19%) Vitamin B6 19% · Zinc 15% · Vitamin E 15% · Magnesium 14% · Calcium 12% · Potassium 10% · Iron 10%

Recipe and video: Buon-A-Petitti (@BuonAPetitti) on YouTube — youtube.com/watch?v=GGw9faNN8V8, published 9 May 2023. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/grandma-pasta-with-broccoli