

Broccoli and cauliflower pasta with carrot top pesto

INGREDIENTS

1 cup broccoli, stem grated and florets finely sliced

½ cup cauliflower, finely sliced

3 garlic cloves, crushed or chopped.

2 Tbls olive oil

½ tsp salt

Pinch black pepper

4 cups dried pasta

9 cups water

Pinch salt

½ cup pasta cooking water, reserved.

METHOD

1. Wash vegetables, finely slice or grate and set aside.
2. Bring water to boil with pinch of salt. Measure Pasta and add to boiling water. Cook for 8- 10 minutes and test. Drain off when 'al dente' (still has a bit of firmness but doesn't taste pastey).
3. Warm oil in a frypan and when hot, add the sliced vegetables, stirring for 4 mins
4. Season, add garlic and cook for further 2 mins
5. Add the cooked pasta with the reserved cooking water.
6. Stir until the pasta is well coated with the vegetables. Set aside in a serving dish
7. Make the pesto and drizzle on top of the pasta to serve.