



Cooking Made Easy

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Orecchiette, Herbed Pork, Tenderstem Broccoli, Chilli & Pesto

If you were spending a weekend in Rome then you might come across this dish under its traditional name, 'Orecchiette ai Broccoletti'. It's a classic Italian dish combining a few simple, yet incredibly high quality ingredients for a quick, nutritious, delicious dinner. A plateful of nutritious deliciousness in the time it takes to boil your pasta!



15 min



spicy



Tenderstem Broccoli



Orecchiette Pasta



Pine Nuts



Pork and Oregano Sausage



Chilli Flakes



Basil Pesto

Ingredients

	2P	4P
Tenderstem Broccoli, chopped	1½ cups	3 cups
Orecchiette Pasta 2	200g	400g
Pine Nuts	1 tbsp	2 tbsp
Pork and Oregano Sausage 1	1 link	2 links
Chilli Flakes	¼ tsp	½ tsp
Basil Pesto 3	2 tbsp	4 tbsp

⊕ May feature in another recipe

🌱 Our produce comes fresh from the farm so give it a little wash before using

Allergens

1) Sulphites | 2) Gluten
3) Milk

Nutrition per serving: Calories: 792 kcal | Protein: 33 g | Carbs: 76 g | Fat: 39 g | Saturated Fat: 10 g

2



1 Boil a large pot of water for the pasta. Add ¼ tsp of salt.

2 Chop the tenderstem broccoli widthways into 3 pieces.

3 Cook the tenderstem in the boiling water for 1 minute. Remove the tenderstem from the water but keep the water for the pasta.

4 Cook the pasta in the water for 10 mins. Reserve 4 tbsp of the pasta water then drain.

5 Heat a frying pan up on medium high heat. Add in the pine nuts and toast them for a few mins. *Tip: Watch the nuts like a hawk as they can burn easily. Remove and keep to the side*

6 Heat 2 tsp olive oil in a non-stick pan on medium-high heat. Once hot, cut open the sausage and cook the meat in the pan (discard the skins). Cook for around 5 mins until nicely browned off.

7 Add the tenderstem and chilli and cook for 2 mins. *Tip: Add the chilli flakes slowly as they're spicy!* Season with ¼ tsp of salt and a few grinds of pepper.

8 Add 4 tbsp of reserved pasta water then add the pasta. Add 2 tbsp of pesto and stir.

9 Serve with a sprinkle of pine nuts.

5



6



8



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