



Broccoli Pesto Pasta with

Pumpkin Seeds and Cannellini Beans



30-40min



2 Portions

Our broccoli pesto gets great flavour and depth from roasting first (look for those brown, caramelized bits) and fresh herbs. We kept a few pieces whole for texture, while the rest is creamy enough to coat the pasta. This dish is full of goodness: antioxidant nutrients from parsley; pumpkin seeds for protein and that extra crunch we all love.

What we send

- dried chilli flakes
- orecchiette ¹
- garlic clove, parsley
- cannellini beans
- lemon
- pepitas
- basil
- parmesan ⁷
- broccoli

What you'll require

- milk ⁷
- olive oil
- salt and pepper

Utensils

- baking paper
 - Colander
 - grater
 - large saucepan
 - oven tray
 - stick blender/food processor/mortar and pestle
- Our veggies come straight from the farm, so please wash them before cooking.

Allergens

Gluten (1), Milk (7). May contain traces of other allergens.

Nutrition per serving

Energy 830.0kcal, Fat 31.6g, Proteins 29.7g, Carbs 100.2g



1. Prepare ingredients

Preheat oven to 220C. Bring a large saucepan of salted water to the boil for the pasta. Coarsely chop the **broccoli**. Finely chop the **garlic**. Grate the **parmesan**. Pick the **parsley** and **basil** leaves (discard stems).



4. Cook pasta

Drain and rinse the **cannellini beans**. Cook the **pasta** in the boiling water for 8 mins or until the pasta is al dente. Drain the pasta. Return to the pan with the cannellini beans and cover to keep warm.



2. Roast broccoli and seeds

Spread the **broccoli** onto an oven tray lined with baking paper and toss with 1 tbs **oil**. Season with **salt**. Place the **pepitas** on another tray. Roast broccoli and seeds for 5 mins or until seeds are toasted. Zest and juice the **lemon** (you will need 2 tbs).



5. Make pesto

Meanwhile, place $\frac{3}{4}$ of the **pepitas** (reserving some for garnish) in a blender or food processor. Add the **garlic**, **lemon zest**, **herbs**, half the **roasted broccoli**, half the **cheese** and 2 tbs **oil**. Season with **salt and pepper** and blend until smooth.



3. Finish broccoli

Roast the **broccoli** for a further 5 mins or until lightly browned.



6. Get ready to serve

Return the **pasta** and **beans** to medium heat. Add 80ml ($\frac{1}{3}$ cup) **milk** and bring to a simmer. Remove from heat and stir in **pesto**, 1 tbs **lemon juice** and remaining **broccoli** to the pasta and toss to combine. Sprinkle with the remaining **cheese**, **pepitas** and **chilli flakes** to taste (be careful, they are hot).