

# DINNERLY



## Pea Pesto Pasta with Broccoli and White Beans

 20-30 minutes  2 Servings

Here's a meat-free dish screaming everything that's great about spring; vibrant green veggies and bright, zesty flavours that satisfy, but don't weigh you down.

## WHAT WE SEND

- 400g white cannellini beans
- 250g spaghetti <sup>1</sup>
- 1 head broccoli
- 150g peas
- 70g baby spinach leaves
- 50g parmesan <sup>7</sup>

## WHAT YOU NEED

- garlic clove
- olive oil
- salt and pepper

## TOOLS

- large saucepan
- medium saucepan

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 790kcal, Fat 28.3g, Carbs 83.4g, Proteins 38.0g



### 1. Prep ingredients

Bring 1 medium and 1 large saucepan of salted water to the boil. Meanwhile, cut the **broccoli** head into small florets and roughly chop the stem, keeping them separate. Finely chop or crush **1 garlic clove**. Drain and rinse **half the cannellini beans** (the remaining beans won't be used in this dish) in a colander. Finely grate the **parmesan**.



### 2. Cook broccoli and peas

Add the **broccoli stems** to the medium pan of boiling water and cook for 2-3 mins until nearly tender. Add the **broccoli florets** and **peas** and cook for a further 2-3 mins until the vegetables are tender. Drain, reserving **60ml (¼ cup) cooking water**.



### 3. Cook pasta

Meanwhile, cook **three-quarters of the pasta** (the remaining pasta won't be used in this recipe) in the large pan of boiling water for 8-10 mins until al dente. Drain the pasta over the **cannellini beans**, then return the pasta and beans to the pan.



### 4. Make pea pesto

Reserve a few **broccoli florets** to serve. Put the **garlic, peas, remaining broccoli** and **three-quarters of the parmesan** in a large bowl. Coarsely mash with a stick blender or potato masher. Add the **reserved cooking water** and **2 tbs olive oil** and mash to a rough paste with a few whole peas remaining. Season with **salt and pepper**.







### 5. Serve up

Add the **pea pesto, spinach** and **reserved broccoli florets** to the **pasta and beans**, season with **salt and pepper**, and toss to combine. Divide the **pesto pasta** among bowls to serve with **remaining grated parmesan**.



### 6. Make it yours

Add zing or crunch with a squeeze of lemon juice or toasted almond slivers to serve.

Questions about the recipe? Customer Service: **02 9056 7570** Email: [hi@dinnerly.com.au](mailto:hi@dinnerly.com.au)  
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 Packed in Australia  
from at least 65%  
Australian ingredients