

fettuccine with tenderstem broccoli

INGREDIENTS

6 x spring onions, trimmed
2 x garlic cloves, crushed
1 x red chilli, deseeded
1 tsp mustard powder
250ml boiling vegetable stock
large handful of fresh parsley

500g dried fettuccine or other long pasta
500g tenderstem broccoli, thinly sliced lengthways
12 cherry tomatoes, halved (a mix of red and yellow looks great)
salt and freshly ground
black pepper

COOKING STEPS

Finely slice the green parts of the spring onions and set them aside. Put the white parts of the spring onions in a food processor along with the garlic, chili, mustard powder, stock and parsley and blend until fairly smooth.

Cook the pasta according to the packet instructions, adding the broccoli for the last 3-4 minutes of the cooking time. Drain well, return to the pan and place over a high heat. Pour in the stock mixture, toss well and cook for 1-2 minutes or until piping hot.

Divide between plates and top with the tomatoes and reserved spring onions. Season to taste and serve hot.

