



Punchy Red Pepper Pesto Pasta with Tenderstem Broccoli

A delicious pasta dish of slightly spicy, roasted red pepper pesto mixed with tasty green veggies! Broccoli is a great source of plant-based protein and is a fantastic flavour carrier!

Nutritional Info

Calories: 530 kcal
Carbohydrates: 72g
Protein: 19g
Fat: 18g

Ingredients

- Pasta
- Courgette
- Broccoli
- Cherry tomatoes
- Red pepper pesto
- Feta

Your Pantry

- Olive oil

Allergens

[Milk \(Feta\)](#)

[Nuts \(Pesto\)](#)

[Wheat \(Pasta\)](#)

Your ingredients were carefully packed on a premises that stores and portions other allergens. Such as cereals containing gluten, seeds, nuts, soy products, dairy etc. Every effort is made to avoid cross contamination but please be aware of this if cooking for somebody with a severe allergy.



METHOD

Read the entire recipe from start to finish. Trust us! You'll be more familiar with the steps and cooking the dish will be a stroll in the park. Before you begin give the vegetables a quick rinse.

1) Prepare the vegetables and boil the kettle

Chop the 1cm woody end from the broccoli and discard. Chop the remaining broccoli into 2 or 3 pieces per spear. Thinly slice the courgette. Halve the cherry tomatoes.

2) Cook the pasta

Cook the pasta in a saucepan of boiling water for 8-10 minutes, tasting to make sure its cooked to your liking. Conserve some of the pasta water in a cup, then drain the pasta and set aside. While the pasta is cooking....

3) Saute the vegetables

Heat a small drizzle of oil in a pan on medium heat. Add the courgette and sautee for 2-3 minutes, then add the broccoli. Add a small splash of water to the pan to create steam and cook the broccoli for 3-4 minutes or until tender.

4) Mix in the remaining ingredients

To the pan with the vegetables, add the drained pasta, along with a couple of tablespoons of the conserved pasta water, the tomatoes, and the red pepper pesto. Stir until combined.

5) Plate the dish

Serve the dish in bowls, crumbling the feta over the top.



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