



## Pork and Broccoli Conchigliette with Pesto & Pine Nuts

A quick and simple dish with punches of flavour. Pork & Leek sausages combined with a freshness from the basil and a hit of spice creates a wonderfully flavourful meal & ready in under 30mins.

### Nutritional Info

Calories: 661 kcal  
Carbohydrates: 55 g  
Protein: 32 g  
Fat: 32 g

### Ingredients

- Pork Sausage
- Tenderstem Broccoli
- Conchigliette Pasta
- Pine Nuts
- Chilli Flakes
- Basil Pesto

### Your Pantry

- Olive Oil
- Salt & Pepper

### Allergens

[Wheat \(Pasta\)](#)

[Egg \(Pasta\)](#)

[Nuts \(Pine Nuts\)](#)

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) **Chop the Broccoli**

Chop the broccoli into a few pieces.

### 2) **Cook the Broccoli**

Cook the broccoli in a pot of boiling salted water for 1 minute. Remove the broccoli but keep the water for the pasta.

### 3) **Cook the Pasta**

Cook the pasta in boiling salted water for 10 minutes. Once the pasta is cooked, reserve some of the drained pasta water.

### 4) **Toast the Pine Nuts**

Heat a dry frying pan on a medium-high heat. Add the pine nuts and toast them for a few minutes. Watch the pine nuts carefully as they can burn easily.

### 5) **Cook the Pork**

Cut open the sausages and discard the skins. Heat some olive oil on medium-high heat. Once hot, add the pork sausage. Cook for 5 minutes until nicely browned.

### 6) **Add the Broccoli & Chilli**

Add the broccoli and chilli flakes. Season with salt and pepper.

### 7) **Add the Pasta & Pesto**

Add a few tablespoons of the reserved pasta water to the pan. Then add the pasta and pesto and stir.

### 8) **Plate the Dish**

Serve the pasta with a sprinkling of pine nuts on top.



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