

Chilli broccoli red fusilli

recipe by Kylee Newton

Serves 4

Ingredients:

200-220g broccoli head, stalk and leaves
4 tbsp extra virgin olive oil
4 cloves garlic, finely sliced
6 anchovy fillets in oil,
optional, see below
½ tsp chilli flakes
flaky sea salt
freshly ground black pepper
260g red fusilli

to serve

parmesan or grana Padano,
finely grated, optional
20g sliced almonds, toasted

for the vegetarian friendly version
-omit the anchovies and at the end crumble through;
50-60g creamy feta

for the vegan friendly version
-omit the anchovies and parmesan and at the end sprinkle over;
15-20g nutritional yeast

Method:

Prep the broccoli and 'use it all', by cutting off any leaves, chopping off the florets and cutting the stalk into 1-2cm cubes. Prep the garlic and set everything aside, ready to go.

Bring 4 litres of salted water to a rapid boil in a large saucepan then drop in the pasta, cook until al dente, about 5-6 minutes.

Warm the oil, on a low heat, in a large frying pan with high side and add the garlic slices. Gently sizzle, without browning, for 2-3 minutes. Add the anchovies, if using, and soften for 2 minutes before using a wooden spoon to break the fillets up into pieces. Add the chilli flakes and the broccoli leaves, florets and stalk cubes then season generously with a large pinch of salt and a good grind of black pepper. Raise the heat to medium and sauté for 2-3 minutes, adding 3-4 tablespoons of the pasta water into the pan.

Drain the pasta, keeping some of the pasta water aside for later. Stir in the fusilli through the broccoli, coating it evenly with the chilli mix and add a small ladle of pasta water to emulsify. If making the vegetarian version, crumble in and gently stir through the feta.

Serve with a grating of parmesan or a sprinkle of nutritional yeast, if making the vegan version, and toasted sliced almonds.