

HIGH FIBRE PASTA WITH GREEN PEAS & BROCCOLI



INGREDIENTS

- 1/2 cup Long & Short High Fibre Penne
- 150g Long & Short High Fibre Spaghetti
- 2 tablespoons extra virgin olive oil
- 2 minced garlic cloves
- 1/4 teaspoon nutmeg powder
- 320g green peas
- 320g broccoli florets
- 4 tablespoons chopped parsley
- 1 teaspoon black pepper powder
- 1/3 cup parmesan cheese
- Red chilli flakes to taste
- Salt to taste

STEPS FOR COOKING



01

Cook pasta until al dente or firm. Reserve 1/4 cup of the pasta water for the sauce and drain the rest.



02

Heat oil in a pan & add crushed garlic cloves and nutmeg and stir fry until garlic is tender and fragrant.

Add peas, broccoli florets, and some finely chopped parsley/coriander to the pan. Continue to stir fry on a low flame for 10 minutes. Add a splash of water to soften the vegetables season with salt and pepper.



03



04

Add prepared sauce

Transfer 2/3 of the cooked peas and broccoli in a grinder and blitz into a smooth, creamy textured sauce.

Add sauce, cooked pasta and the reserved water to the pan and stir.



05



06

Sprinkle salt and red chilli flakes as per taste and serve.