



# Linguine with Broccoli Pesto

10'  
Hands on

10'  
Cook Time

3  
Portion(s)

1  
Difficulty



## Method

- Cut the broccoli into florets and boil in a pot of salted boiling water for 1 minute.
- Remove from pot with a slotted spoon and transfer to a bowl full of chilled water and allow to cool for a few minutes.
- Drain broccoli, pat dry and set aside.
- Place a separate pot full of salted water over high heat and bring to a boil. Add the linguine and cook for 7-8 minutes or for 1 minute less than the instructions on the package.
- While the pasta is boiling, prepare the pesto.
- Beat all of the ingredients for the pesto in a food processor until they are pureed.
- Add the parmesan and beat to combine.
- Taste the pesto and adjust according to your taste.
- Beat again. If the pesto is too thick, add a little more olive oil.
- When the pasta is ready, reserve 100 ml of the pasta water and drain.
- Add the pesto to the linguine and toss.
- If they are too dry add a little of the reserved pasta water, toss and serve.

## Ingredients

For the broccoli pesto

- 150 g broccoli
- 10 salt-cured anchovies, drained
- 1 clove(s) of garlic
- 10 mint leaves
- 2 tablespoon(s) parmesan cheese
- salt
- pepper
- 120 ml olive oil
- 40 g hazelnuts, blanched
- lemon zest, of 1 lemon
- lemon juice, of 1 lemon

For the pasta

- 300 g linguine
- salt

## Διατροφικός πίνακας

Nutrition information per portion

606 Calories (kcal)	37.0 Total Fat (g)	6.0 Saturated Fat (g)	49.0 Total Carbs (g)
30%	53%	30%	19%
3.4 Sugars (g)	15.0 Protein (g)	5.5 Fibre (g)	0.8 Sodium (g)
4%	30%	22%	13%