

QUICK BROCCOLI PASTA



Preparation time: **less than 30 minutes**

Cooking time: **10 to 30 minutes**

Ingredients

- 150g/5½oz rigatoni or penne pasta
- 3 spring onions
- 1 garlic clove
- 125g/4½oz cherry tomatoes
- 150g/5½oz broccoli
- 1 tbsp vegetable oil
- 1 vegetable stock
- 75g/2¾oz cheddar cheese
- salt and pepper

Method

1. Bring a large pan of salted water to the boil, add the pasta and cook for 12 minutes.
2. Meanwhile slice the spring onions, peel and finely grate the garlic, halve the tomatoes and thinly slice the broccoli.
3. Heat the oil in a large, deep frying pan. Add the spring onions and fry for 1 minute until soft. Add the garlic, vegetable stock and fry for 1 minute. Add the tomatoes, fry for a couple of minutes until they start to break down then add the broccoli. Fry for 2 minutes then add a ladle or small mug of the pasta water, give everything a stir and cover with a lid. Cook for 3-4 minutes until the broccoli is done, then remove the lid.
4. Drain the pasta, add to the pan with the broccoli and stir to combine. Season with salt and pepper. Stir through the cheddar cheese and finish with plenty more black pepper.