

Broccoli and Parmesan Pasta

Equipment:	Ingredients:
Kitchen scales	5 cloves garlic
Chopping board	2 long red chillies
Large knife	6 anchovy fillets
Small knife	2 large heads of broccoli
Medium bowl	150ml extra virgin olive oil
Small bowl	100g pecorino or parmesan
Large heavy-based saucepan with a lid	500g orecchiette or other short dried pasta
Measuring cups and spoons	2 cups of rocket
Large slotted spoon	2 lemons
Colander	
Serving bowls	

What to do:

1. Bring a large saucepan of salted water to the boil.
2. Meanwhile thinly slice garlic.
3. Halve chillies lengthwise and remove seeds. Finely chop chillies and anchovies, and set aside with garlic.
4. Cut stalks from the broccoli, peel, then cut into 1cm pieces. Cut the broccoli heads into small florets.
5. Add the florets to boiling water and cook for 3 minutes or until almost tender. Using a slotted spoon, transfer to a bowl and keep the water boiling.
6. Place half the florets in a food processor with 4 tablespoons oil. Season with salt and pepper. Coarsely grate parmesan, add 40g to the food processor, and process to a paste. Transfer to bowl with remaining florets. (Note: if you don't have a food processor, simply mash well in a bowl.)
7. Add pasta to boiling water and cook until al dente. Halfway through cooking, add the broccoli stalks. Drain pasta and broccoli stalks, reserving 1 cup of cooking water .
8. Place remaining 80ml oil, garlic, chillies and anchovies in pan over medium heat. Cook, stirring, for 2 minutes or until garlic is fragrant (take care not to burn the garlic) and anchovies have broken up. Add reserved cooking water, pasta, broccoli mixture, rocket and 1/2 teaspoon salt and cook, tossing, for 2 minutes or until rocket wilts.
9. Squeeze lemon over pasta, season and toss well to combine. Divide among bowls, scatter with remaining pecorino or parmesan.