



# BROCCOLI PASTA



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“ This is a super easy 20 minute fridge to table family recipe, one we use frequently when we are in a hurry. All credit should go to my sister who invented it – she is a fabulous cook! ”

# BROCCOLI PASTA

## INGREDIENTS

- **4 cups** chopped broccoli
- **1 medium** sized jalapeno pepper
- **400g** thick spaghetti or bucatini pasta
- **4 tbsp** extra virgin olive oil
- **4 large** cloves of garlic (more if you love garlic)
- **1/2 cup** freshly grated Parmigiano-Reggiano cheese
- Salt and pepper

- 1** Boil a large pan of water
- 2** Chop the broccoli into large bite size pieces and steam
- 3** Finely chop garlic and jalapeno (remove jalapeno seeds for mild, include seeds for hot)
- 4** When water is boiling - add pasta and set timer for al dente
- 5** Begin steaming broccoli
- 6** With 3 minutes left on the timer - sauté jalapeno and garlic in olive oil
- 7** When the pasta timer goes off, drain pasta, add steamed broccoli and sautéed ingredients
- 8** Toss all together - serve and garnish with Parmigiano-Reggiano cheese
- 9** Salt and pepper to taste



Super food ingredient

“BROCCOLI”

SERVES  
**4**

#IMEXRECIPES