





Broccoli & Courgette Penne

A fresh, simple pasta with seasonal veg, lemon, garlic and Parmesan.

 SERVES 4

 PREP 15 MINS

 COOK 20 MINS

 EASY

INGREDIENTS

- 320g penne pasta
- 1 head of broccoli, cut into small florets
- 2 medium courgettes, sliced
- 3 cloves garlic, thinly sliced
- 3 tbsp extra virgin olive oil
- Zest and juice of 1 lemon
- 40g Parmesan, finely grated, plus extra shavings
- A handful of fresh basil leaves, torn
- Salt and black pepper
- Optional: pinch of chilli flakes

LOCALLY-SOURCED GOODNESS



Choose seasonal British broccoli and courgettes for the best flavour and support local growers.



METHOD

1. Bring a large pan of salted water to the boil. Cook the penne according to package instructions until al dente. Add the broccoli florets for the last 3 minutes of cooking. Reserve $\frac{1}{2}$ cup of pasta water, then drain.
2. While the pasta cooks, heat the olive oil in a large frying pan over medium heat. Add the garlic and sauté for 1–2 minutes until fragrant.
3. Add the courgettes and cook for 5–6 minutes, stirring occasionally, until just tender and lightly golden.
4. Add the drained pasta and broccoli to the pan. Toss everything together with the lemon zest, lemon juice and a splash of reserved pasta water to loosen.
5. Stir through the Parmesan and most of the basil. Season with salt, pepper and chilli flakes if using.
6. Serve with extra Parmesan shavings, fresh basil and a drizzle of olive oil.

Simple. Seasonal. Delicious.

