



ST PETER'S
HOUSE

CURIOSITY | ENCOUNTER | GIFT

Serves 1

Broccoli & Tomato Pasta

The Well Recipe Card

- ½ an onion - diced
- 1-2 cloves garlic – finely diced
- 2 tsp Mediterranean herb blend
- 150ml water
- ½ vegetable stock cube
- 150g fresh tomatoes – chopped
- 100g broccoli – chopped
- 100g pasta

Optional: parmesan, fresh herbs, spinach, mascarpone, chilli flakes, extra virgin olive oil, olives, capers

Prepare all ingredients as described.

Cook onion over a medium heat in a saucepan with a little oil and a touch of salt until they start to soften (2-3mins).

Add garlic and cook out for 30 seconds or so before adding the Mediterranean blend and cooking out for a further 30 seconds.

Now, pour in the water, crumble in the vegetable stock cube, add the chopped tomatoes and broccoli.

Allow the liquid to simmer and then reduce the heat to low, cook until the broccoli is tender and the tomatoes have softened (6-8 mins).

Whilst the sauce is simmering cook the pasta in boiling salted water until soft (8-12 mins).

Finally, mix the pasta and sauce together then finish with any of the optional ingredients.

