

BROCCOLI PESTO PASTA

Recipe from Bryant Terry

Adapted by Tejal Rao and The Pixie and The Scout

PREPARATION

TIME 30 minutes

INGREDIENTS

½ cup whole raw cashews

3 tablespoons nutritional yeast

2 tablespoons raw pine nuts

1 large garlic clove

Kosher salt

1 medium head broccoli, cut into

florets, thick stem reserved for

another use - could chop into your pasta

8 ounces dried pasta, such as spaghetti or penne or fusilli

1 bunch parsley - pick the leaves off the stems

1 bunch basil - pick the leaves off the stems

1 lemon

Step 1

Bring a large pot of water to a boil over high heat. Add a cup of salt - yikes! Have a bowl of ice water at the ready.

Step 2

Add broccoli florets to boiling water for about 5 seconds or until green color is bright. Skim broccoli out of water with a spider and put in ice water. Let water return to a boil. Add herbs to boiling water for about 5 seconds. Skim herbs out of water with a spider and put in ice water.

Step 3

Add the pasta to the boiling water and cook until tender - follow box directions for an exact time

Step 4

While the pasta cooks, prepare the pesto. In a food processor or with your knife on a cutting board ...

Chop herbs and broccoli. Add nuts and keep chopping. When super finely chopped, put in a bowl and add minced garlic and nutritional yeast. Season with salt and lemon juice. Add olive oil and stir until smooth.

Step 5

Reserve 1/2 cup pasta cooking water and drain the cooked pasta. Return the pasta to the pot, and toss with broccoli pesto, thinning with a splash of the reserved pasta water if needed to help coat the pasta. Season to taste with salt and lemon juice.