

One Pot Broccoli and Spinach Pasta



Immerse yourself in a convenient culinary experience with our One Pot Broccoli and Spinach Pasta recipe. Discover a harmonious fusion of flavors while enjoying easy cooking and minimal cleanup. Indulge in a delightful plate now!

Preparation 15 min

Cooking 20 min

Servings 4

Nutrition Facts (per serving)

Calories 420

Fat 23

Carbohydrates 39

Fibre 5

Protein 18

Sodium 480

Ingredients

- 15 ml (1 tbsp) vegetable oil
- 1 small onion, chopped
- 10 ml (2 tsp) potted minced garlic (or 2 cloves of garlic, finely chopped)
- 500 ml (2 cups) vegetable stock
- 1 - 400 ml (13 oz) can coconut milk

- 400 g (14 oz) farfalle pasta (or another short pasta)
- 750 ml (3 cups) broccoli, in small florets
- 1 - 300 g (? lb) block of tofu, cubed (we used Unisoya Spinach Jalapeno tofu, but any other type of tofu is adequate)
- 125 ml (1/2 cup) sliced black olives
- 45 ml (3 tbsp) Dijon mustard
- 1L (4 cups) spinach
- Pepper and salt, to taste

Topping (optional)

- A dash of lemon juice
- Pumpkin seeds
- Fresh herbs of your choice

Preparation

1. In a large saucepan over medium-high heat, pour 15 mL (1 tbsp.) olive oil and brown onion and garlic for 5 minutes, stirring occasionally.
2. Add the vegetable broth, coconut milk and pasta to the pan. Bring to a boil over high heat, then simmer with the lid partially on for 12 minutes or until the pasta is cooked or al dente. Stir occasionally during cooking.
3. After 6 minutes of cooking, add remaining ingredients, except spinach, and mix well.
4. Remove from heat and add spinach, pepper and salt. Mix with a wooden spoon.
5. Serve in bowls and add, if desired, a dash of lemon juice, fresh herbs and/or pumpkin seeds to garnish each serving.

Notes

Can be stored in an airtight container in the refrigerator for up to 3 days and does not freeze.



Gabrielle Simard – Créatrice culinaire
Culinary Creator