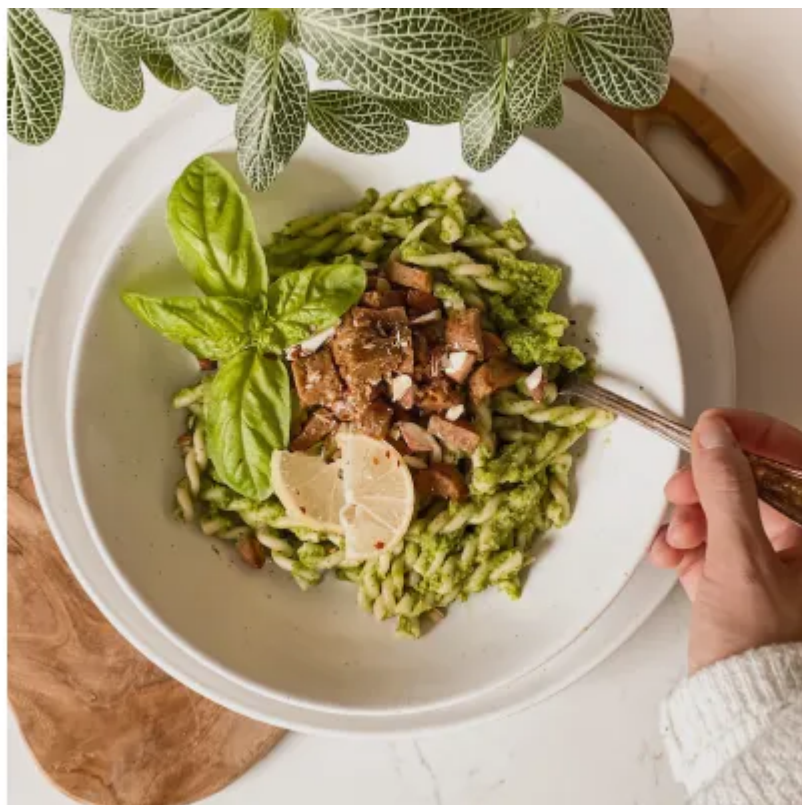


Broccoli Pesto Pasta



Elevate your dining experience with our Broccoli Pesto Pasta recipe. Indulge in the delectable fusion of vibrant broccoli pesto, creating a truly delightful and nourishing culinary delight.

Preparation 20 min

Cooking 10 min

Servings 4

Nutrition Facts (per serving)

Calories 400

Fat 7

Carbohydrates 53

Fibre 6

Protein 23

Sodium 440

Ingredients

- 240 g of pasta of your choice
- 1 head of broccoli cut into large pieces
- 500 ml (2 cups) of baby spinach
- 250 ml (1 cup) of fresh basil
- 180 ml ($\frac{3}{4}$ cup) of milk (or unsweetened non-dairy milk)
- 2 cloves of chopped garlic

- Juice of one lemon
- 2.5 ml (1/2 tsp) of salt
- Pepper to taste

Topping

- Protein of your choice (tofu, tempeh, chicken, vegetarian sausage)
- 45 ml (3 tbsp) of chopped toasted almonds
- Lemon wedges
- Dried crushed peppers (optional)
- Fresh basil (optional)

Note: We opted for Gusta sausages.

Preparation

1. In a pot, bring water to a boil and cook the pasta according to the package instructions.
2. Add the broccoli 5 minutes before the end of cooking. Drain and separate the pasta from the broccoli.
3. Place the broccoli, baby spinach, basil, vegetable drink, garlic cloves, lemon juice, salt, and pepper in a blender until smooth. Add more liquid if necessary.
4. In the same pot as before, combine the pasta and the sauce, then divide into bowls.
5. Add the desired toppings.



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