

## Pasta with broccoli Pasta coi broccoli

Pasta with broccoli is simple and tasty and very popular in the winter time, when broccoli are in season.

A little curiosity: it became very famous in Italy because in a popular TV series “Commissario Montalbano” (The Sicilian version of Columbo) if somebody would call the protagonist while eating it, he would answer “Who is bothering me, I’m eating Pasta coi broccoli”.

**Cooking tips:** do not over cook the broccoli, only 5minute.  
Use the water that you boiled the broccoli for cooking the pasta.

**Cooking time:** Preparation 10 minutes  
Cooking 15 minutes

**Difficulty:** very easy

**Serves:** 4

**Ingredients:**

4 tablespoons EVOO

4 small cloves garlic

1 tablespoon Pine nuts

2 tablespoons raisins

1 tablespoon sardine – paste

Or 4 sardines

1 lb broccoli

13 oz. fusilli – pasta

Sea salt



Boil the broccoli in salted water for 5 minutes. Immerge the raisins in hot water for 5 minutes.

In the meantime, finely chop the garlic and sauté it in the EVOO in a big frying pan. Add the sardine paste or the sardines (if you use the sardines, break them with a wooden spoon), the pine nuts and the raisins. When the broccoli are boiled, drain and add them to the pan simmering and crashing the whole thing with a wooden spoon for 2 - 3 minutes.

In the same water of the broccoli cook the fusilli, when done, drain them and add to the broccoli. Let it simmer for 1 or 2 minutes, stirring. This will make the pasta absorb the taste of the broccoli. Serve hot.

Buon Appetito

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