



Pasta aglio e olio with broccoli

The Italian classic with a green twist: original Italian Byodo spaghetti and the finest Byodo virgin olive oil combine with tender broccoli to create a special taste experience.

Zutaten

2 Portionen

1 Broccoli
Sea salt, fine-grained
2 Garlic cloves
100 ml Extra virgin olive oil, from Italy
300 g Spaghetti, light
100 g Pecorino or Parmesan cheese
Pepper

Zubereitung

Cut the broccoli florets from the stem and divide into bite-sized pieces. Peel the broccoli stem and cut into small cubes. Bring a pan of salted water to the boil. As soon as the water boils, blanch the broccoli for about 5 minutes.



Finely chop the garlic and sauté with olive oil in a pan on a low heat. Then immediately add the broccoli to the pan with some of the cooking water.



Cook the pasta in the same pan as the broccoli in salted water until al dente. Fry the broccoli on a low heat until the spaghetti is al dente. As soon as the spaghetti is cooked, add it directly to the pan and mix with the broccoli. Season everything with salt and pepper. Arrange on a plate and garnish with cheese and olive oil.

