

Fs sku0815 web

Broccoli Pesto Cavatappi

with Pumpkin Seeds & Cannellini Beans



30-40min



2 Servings

Our broccoli pesto gets great flavor and depth from roasting first (look for those brown, caramelized bits) and fresh herbs. We kept a few pieces whole for texture, while the rest is creamy enough to coat the pasta. This dish is full of goodness: antioxidant nutrients from parsley; pumpkin seeds for protein and that extra crunch we all love. Cook, relax and enjoy!

What we send

- broccoli
- clove garlic
- fresh parsley sprigs
- fresh basil sprigs
- cannellini beans
- red chile flake

What you need

- coarse salt
- freshly ground black pepper
- olive oil

Tools

- box grater
- colander
- immersion blender
- large pot
- rimmed baking sheet

Read through the whole recipe before you start. Rinse and dry all produce before using. Weights may vary slightly.

For recipes containing garlic, you'll find one head of garlic in your box.

We recommend you use coarse kosher salt stored in a container that allows you to grab it with your fingertips, or scoop with measuring spoon.

Allergens

May contain traces of allergenic ingredients. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 740.0kcal, Fat 25.5g, Proteins 34.2g, Carbs 87.4g



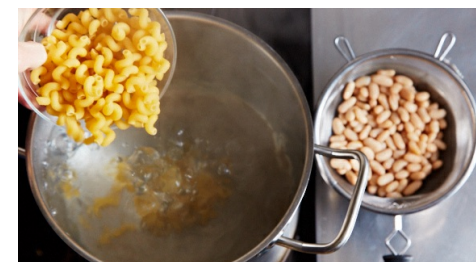
1. Prep ingredients

Preheat oven to 375°F. Bring a large pot of salted water to a boil. Finely chop broccoli florets. Peel and finely chop garlic. Grate Parmesan. Pick leaves from parsley and basil sprigs.



2. Roast broccoli & seeds

Spread broccoli on a rimmed baking sheet, toss with 2 tablespoons oil, pepper and ½ teaspoon salt. Add pumpkin seeds to another sheet. Roast seeds until toasted, about 10 minutes. Continue roasting broccoli until a bit browned, about 10 more minutes.



3. Cook pasta

Drain and rinse cannellini beans. Cook cavatappi, adding beans in final minute of cooking, until al dente, about 8 minutes. Drain, reserving 1½ cups pasta water.



4. Make pesto

Place pumpkin seeds (reserving some for garnish) in a blender or food processor (or place in a bowl if using an immersion blender). Add garlic, herbs, half the roasted broccoli, half the cheese, 1 teaspoon salt, ¼ cup oil and ½ cup pasta water. Purée until fairly smooth.



5. Combine pasta

Combine pasta, beans, remaining broccoli and pesto.



6. Finish

Add enough remaining pasta water to loosen sauce. Drizzle with oil and serve with remaining cheese, pumpkin seeds and red chile flake. Enjoy!