

# Broccoli Pasta (Green Pasta)



4.37 from 36 votes

If you are looking for a healthy and quick pasta dish that the whole family will love, our broccoli pasta or green pasta is a perfect choice. This recipe is vegan and can easily be made gluten-free.

Prep Time

25 mins

Cook Time

10 mins

Total Time

35 mins

Course: pasta Cuisine: English Keyword: Broccoli Pasta, Green Pasta

Servings: 4 people Calories: 560kcal

## Ingredients

- 50 g cashew nuts
- 1 broccoli head around 500 g
- 350 g Rigatoni pasta
- 250 g spinach 125
- Juice of one lemon
- 100 ml water
- 3 tablespoon olive oil
- 1 tablespoon yeast flakes optional
- ½ teaspoon salt

1/2 Recipe

~ 25 g. nuts

~ 125 spinach

- 1/2 1 lemon

~ 100 ml water

~ 1.5 olive oil

~ 1/4 t. salt

## Instructions

1. Leave the cashews soaking in hot water for 20 minutes.
2. Chop the broccoli into small florets.
3. Fill a big pot with salted water and add the broccoli. Bring to a boil and then add the pasta. Cook following the packet instructions.
4. While the pasta and broccoli are cooking and once the cashews have been soaking for about 20 minutes, drain the water, rinse them and add them into a blender jug together with the spinach, olive oil, lemon juice, salt, water, and yeast flakes (optional).
5. Blend until you have a smooth and creamy green sauce.
6. Once the pasta and broccoli are cooked, drain using a colander with small holes so the broccoli doesn't go through.

7. Add the broccoli and pasta into the same pot once the water has been drained and add the green creamy sauce.
8. Mix until all the ingredients are incorporated.

## Notes

- We love to serve this green pasta with a light drizzle of **chilli oil** or **olive oil** for Luca, **lemon zest**, and some finely chopped **preserved lemons**.
- Serve with some kalamata olives and a fresh salad on the side for the perfect meal.

## Nutrition

Calories: 560kcal | Carbohydrates: 82g | Protein: 21g | Fat: 18g | Saturated Fat: 3g | Polyunsaturated Fat: 3g | Monounsaturated Fat: 11g | Sodium: 398mg | Potassium: 1144mg | Fiber: 9g | Sugar: 6g | Vitamin A: 6808IU | Vitamin C: 153mg | Calcium: 157mg | Iron: 5mg