

Broccoli Pesto Pasta

Susan Alsembach

Hello,

This is a simple but delicious recipe that is easily made during the week after work, as it only takes 20 minutes!

The colours make it so appealing to the eye and the pine nuts just give it that little extra crunch.

Why not try out it and let me know what you think?

Enjoy,

Susan

Broccoli Pesto Pasta

9 ingredients · 20 minutes · 4 servings



Directions

1. Cook the brown rice fusilli according to the directions on the package. Drain and rinse with cold water until completely cooled.
2. Meanwhile, add the basil, pine nuts, 2/3 of the oil, and half the salt in a food processor. Blend until smooth, then stir in the nutritional yeast and water until your desired consistency is reached.
3. In a skillet, heat the remaining 1/3 of the oil over medium-high heat. Cook the broccoli and bell pepper until tender, about five to eight minutes.
4. Add the pasta and pesto to the skillet and stir until well combined. Divide into bowls, garnish with more nutritional yeast (optional) and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to four days.

Serving Size

One serving equals approximately 2 1/2 cups.

Nut-Free

Use sunflower seeds instead of pine nuts.

More Flavor

Add garlic and toast the pine nuts.

Additional Toppings

Add red pepper flakes, lemon juice, black pepper, or chopped parsley.

Ingredients

- 330 grams** Brown Rice Fusilli (uncooked)
- 42 grams** Basil Leaves
- 13 grams** Pine Nuts
- 44 milliliters** Extra Virgin Olive Oil (divided)
- 3 grams** Sea Salt (divided, to taste)
- 36 grams** Nutritional Yeast (plus more for garnish)
- 30 milliliters** Water
- 319 grams** Broccoli (chopped into florets)
- 1** Red Bell Pepper (medium, sliced)