

# BROCCOLI PASTA

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## **Ingredients:**

200gr	Pasta
1	Broccoli
½	Avocado
1	Onion

## **Instructions:**

- Pour water and salt into a pot and bring it to the boil, then cook the pasta for 10 minutes.
- Cut the broccoli in half, then cut this half in medium pieces and place it in the boiling water, over cook it for 9 minutes. Then place it in a bowl, cut the half avocado in small pieces and add it to the bowl, let them cool down for a few minutes. Once its chilled, put it into a jag and blitz it until smooth, add a bit of water if necessary.
- Slice the onion, place a pan on the stove on a high heat with oil and cook the onion, move continuously until it get a brown colour then reduce the heat to low and still cook them until caramelized.
- Cut the other half of the broccoli in small pieces and cook in the same boiling water you cooked the broccoli before, cook it for 2 minutes. Then add the broccoli to the onions and cook it for a couple of minutes.
- Now add the broccoli to the pasta and mix thoroughly.