

Broccoli Garlic Angel Hair Pasta



If you've got to eat your broccoli, this is a great way to do it. A beautiful side dish of broccoli and angel hair pasta with red pepper flakes is so delicious and so aromatic.

Prep: 20 mins

Cook: 20 mins

Additional: 5 mins

Total: 45 mins

Servings: 4

Yield: 4 servings



Ingredients

- 1 ½ pounds broccoli
- 2 tablespoons olive oil
- ¼ cup butter
- 6 cloves garlic, minced
- 1 teaspoon red pepper flakes
- 3 cups chicken stock
- salt to taste
- 1 pound angel hair pasta
- ½ cup freshly shredded Parmigiano-Reggiano cheese, plus a little more for garnish
- 1 pinch red pepper flakes for garnish, or to taste

Directions

Step 1

Hold a sharp knife at a 45-degree angle and cut the florets from the broccoli stems into a bowl. Chop remaining stems into small pieces and transfer stems to a separate bowl.

Step 2

Heat 2 tablespoons olive oil with butter in a skillet over medium heat and cook garlic in the hot oil-butter mixture, stirring often, until garlic is soft but not browned. Sprinkle in 1 teaspoon red pepper flakes and salt. Pour chicken stock into skillet and bring to a simmer. Stir broccoli stems into the stock mixture and simmer until tender, 10 to 12 minutes. Add a little water or stock if mixture starts to dry out.

Step 3

Stir broccoli florets into skillet and cook broccoli sauce until florets are bright green and slightly tender, 3 to 4 minutes.

Step 4

Bring a large pot of salted water to a boil and stir in angel hair pasta. Cook, stirring occasionally, until pasta strands are almost tender, about 4 minutes. Drain and transfer to a large pot.

Step 5

Pour broccoli sauce over pasta, stir with a wooden spoon, and mix in ½ cup Parmigiano-Reggiano cheese. Cover pot with a lid and let stand until pasta absorbs excess liquid and finishes cooking, about 2 minutes.

Step 6

Serve in bowls and sprinkle each serving with a dusting of Parmigiano-Reggiano cheese and a pinch of red pepper flakes.

Nutrition Facts

Per Serving:

599 calories; protein 21.6g 43% DV; carbohydrates 76.5g 25% DV; fat 25.3g 39% DV; cholesterol 38.3mg 13% DV; sodium 1053.1mg 42% DV.

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