

MOURAD'S BROCCOLI WALNUT PASTA



DIRECTIONS

Bring a large pot of salted water to boil and cook pasta according to package directions. Reserve 1 cup of pasta water. Toast the walnuts in a large skillet until fragrant and lightly charred. Set aside. Wipe the skillet with a paper towel. Add the olive oil and sauté the garlic briefly careful not to burn it. Add the reserved pasta water, sea salt to taste, broccoli, cooked pasta, red pepper flakes, pesto and walnuts. Toss well. Turn off the stove. Fold in tomatoes and parsley.

Note: You may add more red pepper flakes and fresh ground pepper if desired. You may top the pasta with shaved parmesan or crumbled feta.

SHOPPING LIST

12 oz. whole wheat fusilli or penne pasta

4 cups broccoli florets, steamed al dente

½ lb. (about 6) diced Campari tomatoes

1 cup flat leaf parsley, chopped

6 cloves garlic, finely chopped

1 cup walnuts, toasted

1 tsp crushed red pepper flakes

3 tbsp. olive oil

3 tbsp. prepared pesto

Sea salt to taste