

Broccoli & pine nut pasta

Suitable for a low lactose diet, the low FODMAP diet with amendments suggested, and a gluten free diet using gluten free pasta.



Ingredients

Broccoli	1 head (remove stalks if low FODMAP)
Wholegrain pasta (use gluten free for coeliac and low FODMAP)	300g
Parmesan or vegan parmesan alternative	30g
Basil	5 leaves
Garlic infused oil	1 tbsp
Salt & pepper	To taste

This quick and easy pasta recipe is perfect for any night of the week and is sure to see clear plates all-round. Tweak the ingredients according to your dietary needs and keep this recipe card to hand, as we're convinced this will be your new go-to dish!

Makes 3 portions. Nutritional information per portion: 265 Kcal, 17.6g fat, 12.6g protein, 28.8g carbohydrate (using wholegrain pasta & parmesan cheese), fibre 6.4g.

Instructions

- 1.** Chop the broccoli up (close to the head if following the low FODMAP diet. If not following the low FODMAP diet, you can use the stalks).
- 2.** Cook the pasta in salted boiling water as per the packet instructions.
- 3.** Cook the broccoli in boiling water until soft, then drain.
- 4.** Add 1 tablespoon of garlic infused oil to a pan and roast the pine nuts.
- 5.** Add basil, cooked broccoli and cooked pasta to the pan with a tablespoon of the water the pasta was cooked in and cook for 5 minutes.
- 6.** Serve with a sprinkling of grated parmesan for each portion.

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