



Orecchiette Pasta with Broccoli Sauce

★★★★★ 4.7 from 70 reviews

Author: [Sylvia Fontaine](#) Prep Time: 5 Cook Time: 25 Total Time: 30 minutes

Yield: 4 Category: vegetarian main Method: stove top Cuisine: Italian

Description

[Orecchiette Pasta with Broccoli Sauce](#) – a simple vegetarian pasta dish hailing from Tuscany that is easy to make, healthy and oh so delicious!

Ingredients

12 ounces broccoli florets- cut or broken into **very small florets** about equal size (about 6 cups packed)

8 ounces short pasta- [orecchiette](#) pasta, penne, rigatoni, etc

2 tablespoons [olive oil](#)

6 garlic cloves- rough chopped

generous pinch chili flakes

generous pinch [salt](#) and pepper, more to taste

1 teaspoon [miso](#) paste (or sub 1–2 mashed anchovies)

2 cups [veggie broth](#) or chicken broth

Garnish: grated parmesan or [pecorino](#) cheese, lemon zest, chili flakes, fresh basil ribbons, toasted [pine nuts](#), toasted bread crumbs, [truffle oil](#) or kalamata olives- all optional.

Instructions

- 1 Steam small broccoli florets *until very tender* (easily pierced with a fork) and set aside.
- 2 Cook pasta according to directions, and *save some hot pasta water when you drain.*
- 3 In a large pan, saute the garlic and chili flakes in the olive oil, over medium heat until fragrant and golden, about 2-3 minutes. Stir in the miso paste (or anchovy), then add steamed broccoli, salt, pepper and the **broth**.
- 4 Bring to a gentle simmer and start breaking apart the broccoli with a metal spatula into tiny pieces. As it cooks it will get easier to break apart. You want the broccoli to basically melt down into a “sauce”. Continue simmering gently on low heat until half of the liquid evaporates and it becomes the consistency of a thick sauce, **about 10-15 minutes**.
- 5 If it seems watery and separated, just keep cooking it down. It won't be smooth- but just broken down and very very tender.
- 6 Add the pasta. Toss well. Add more pasta water if you like it a little more “saucy.” Taste for salt, adding more along with pepper, chili flakes and lemon zest.
- 7 Divide among bowls and top with any of the garnishes you like. **Grated Parmesan or pecorino adds depth and salt**, lemon zest adds a nice brightness, which I highly recommend and a drizzle of truffle oil elevates.
- 8 Enjoy!

Notes

- i Sometimes I'll halve the pasta (if cooking for two) and make this with the same amount of broccoli sauce, boosting the broccoli part. Just sayin'.;)

Nutrition Facts

Serves 4

Amount Per Serving

Calories 407

% Daily Value*

Total Fat 16.3g **21%**

Saturated Fat 5.9g

Cholesterol 19.3mg **6%**

Sodium 423mg **18%**

Total Carbohydrate 49.6g **18%**

Dietary Fiber 7.5g **27%**

Sugars 3.3g

Protein 20.7g **41%**

Magnesium 25% Potassium 12%

Keywords: Orecchiette Pasta, Orecchiette, broccoli pasta, broccoli pasta recipes, orecchiette pasta recipe, broccoli recipes, vegetarian pasta recipes, healthy pasta recipes, vegetarian broccoli pasta



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