

PASTA WITH PISTACHIO-GARLIC-FENNEL

Ingredients



1. **Penne pasta, about 8 oz** (half a regular 16 oz box)
Alternatives: Rotini, Fusilli or any other tubular pasta you like
2. **Broccoli, about two small heads – finely chopped.** Cut the floret end very small and don't use the stalk (you can save it for something else later).
Alternatives: Artichokes, asparagus or cauliflower will also work if you don't have or don't want to use Broccoli.
3. **Lemons, 2 - zest and juice** (won't need the lemon juice if you use jarred artichoke hearts instead of Broccoli)
4. **Scallions (spring onions), about 1/2 cup - sliced.** Slice only the white portion.
Alternatives: 1 large shallot or 1/4 cup regular onions.
5. **Chili flakes, 3/4 tsp or to taste**

For the PISTACHIO-GARLIC-FENNEL mixture:

6. Pistachio, 1/2 cup

Alternatives: almonds, walnuts or pine nuts.

7. Garlic cloves, 2

8. Olive oil, 1/2 cup

9. Salt, to taste

10. Lemon zest from two lemons (orange zest will also work)

11. Fennel seeds, 3 tsp - coarsely ground (1 tsp of this will be for the topping)

We will also need a pestle and mortar to pound these ingredients into a mixture. You can use a grinder or food processor to grind the pistachios or cut it with a knife, but you need something to crush and pound the garlic with salt.

Topping:

12. Grated Parmesan, to taste as a topping

Alternatives:

- Any other cheese you prefer as a pasta topping
- Dairy-free alternative: I make it by mixing ground almond or cashew, garlic powder, onion powder and nutritional yeast.

13. Parsley, dried or fresh – to taste

14. Basil, dried or fresh - to taste

Instructions

Before the class

- Gather all the ingredients
- Cook the pasta al dente using the instructions that came with the pasta you purchased and set it aside.
Set aside about a cup of the water you cooked the pasta in.
- Cut the broccoli (or alternative)

We will do this together

- Make the ***PISTACHIO-GARLIC-FENNEL*** mixture/sauce
 - Lightly toast the pistachios in a pan and set it aside
 - Pound the garlic and salt together to a paste
 - Add the pistachios and continue pounding till the mixture consists of irregularly shaped small pieces.
 - Add 1/2 cup olive oil, 2 tsp fennel and lemon zest from the two lemons (keep a bit aside to the topping for later)
 - Mix well and set aside
- Put about half a tablespoon of oil into a pan (set aside the half tbsp from the ½ cup olive oil used for the PISTACHIO-GARLIC-FENNEL mixture if you want). Add scallions, broccoli, chili flakes and salt. Sprinkle some of the pasta water so that the broccoli does not stick to the bottom. Cook for 5 min on a medium flame until the broccoli is cooked.
- Add lemon juice from roughly 1 and a half lemons
- Add the cooked pasta
- Add the PISTACHIO-GARLIC-FENNEL mixture to it
- Stir in a few tbsp of the pasta water and mix
- Taste and adjust salt, chili flakes and lemon to taste
- Add the toppings
 - Mix in Parmesan
 - Add the dried basil and dried parsley to taste
 - Add the bit of lemon zest kept aside
 - Finally add the rest of the fennel seeds (roughly a tsp)
- Mix

You are done. Enjoy.

Divit and Hema

Some pictures from the prep and cooking



Chopping the broccoli and the scallions



Mashing the garlic.



Pounding garlic, salt, pistachios with the garlic as we make the pistachio mixture.



Adding the oil and the lemon zest to the mix.



Adding the fennel seeds – roughly 2 tsp.



Cooking the Broccoli.



Cooking the pasta with the pistachio mixture and seasoning.



Parmesan for the topping.



Dairy-free alternative made by mixing ground almond, garlic powder, onion powder and nutritional yeast.