

Spaghetti with Broccoli & Seafood

dinner > Spaghetti with Broccoli & Seafood



Serves 4, Ready in aprox: 25 min.

Shopping LIST:

400g spaghetti, 350g broccoli (cut into small florets), 2 tbsp olive oil, 1 garlic clove (finely chopped), 200g pack of frozen seafood (defrosted), rind and juice of ½ lemon, Salt and pepper, small bunch of basil leaves.

Method:

Cook the Spaghetti:

- In a large saucepan, bring lightly salted water to a boil.
- Add the spaghetti and cook for 10-11 minutes, or according to the packet instructions, until al dente.

Cook the Broccoli:

- In a separate small saucepan, bring lightly salted water to a boil.
- Add the broccoli florets and cook for 3-4 minutes, until they begin to soften slightly.
- Drain the broccoli and set aside.

Prepare the Seafood:

- In a small pan, heat the olive oil over medium heat.
- Add the finely chopped garlic and fry carefully for a few seconds until fragrant.
- Add the defrosted seafood, lemon rind, lemon juice, and basil leaves.
- Heat the mixture through for about 3 minutes, then add 1 ladle of boiling water from the pasta pot.
- Let the mixture simmer and reduce by about half.
- Season with salt and pepper to taste.

Combine and Serve:

- Drain the spaghetti and return it to the large saucepan.
- Add the cooked seafood mixture and the broccoli to the spaghetti.
- Toss well to combine all the ingredients.
- Divide the spaghetti mixture into 4 shallow bowls.
- Serve topped with freshly ground black pepper and additional basil leaves for garnish.



"bon appétit"

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