Pasta and Broccoli

Season: Winter  
Type: Pasta and Sauce  
Difficulty: Medium  
Serves: 4 or 15 tastes  
Fresh from the garden: Broccoli, garlic  
Recipe source: taste.com

Making your own pasta isn’t as difficult as you might think........

<table>
<thead>
<tr>
<th>Equipment:</th>
<th>Ingredients:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Scales</td>
<td>100 grams plain flour</td>
</tr>
<tr>
<td>Fork</td>
<td>1 egg</td>
</tr>
<tr>
<td>Pasta machine</td>
<td>750 grams broccoli</td>
</tr>
<tr>
<td>Clean tea towels</td>
<td>1/3 cup olive oil</td>
</tr>
<tr>
<td>Measuring cups</td>
<td>2 garlic cloves</td>
</tr>
<tr>
<td>Garlic crush</td>
<td>Parmesan cheese to serve</td>
</tr>
<tr>
<td>Knife</td>
<td></td>
</tr>
<tr>
<td>Chopping board</td>
<td></td>
</tr>
<tr>
<td>Saucepan and steamer</td>
<td></td>
</tr>
<tr>
<td>frypan</td>
<td></td>
</tr>
<tr>
<td>Wooden spoon</td>
<td></td>
</tr>
</tbody>
</table>

What to do:

- Measure the flour onto a clean work surface
- Make a well in the centre of the flour
- Crack in the egg
- Using a fork gently whisk in the egg while using your other hand to draw in the walls of the flour
- Continue until a soft dough forms
- Knead lightly for 5 minutes until smooth
- Shape into a ball, lightly coat with flour, wrap in plastic wrap and allow to rest for 15-20 minutes
- Meanwhile prepare sauce
- Wash broccoli and cut into small florets
- Lightly steam for 5 minutes
- Set aside
- Peel and crush garlic
• Heat oil in frypan and lightly sauté
• Add broccoli and toss lightly till coated with garlic oil
• Set aside while you finish the pasta
• Use the palm of your hand to flatten out the rested pasta
• Set the pasta machine on the widest setting and coat the pasta rollers with flour
• Gently feed the pasta through the machine
• Repeat 6 times, folding the dough into thirds and turning it 90° to the pasta machine before you feed the dough through each time
• Continue to feed dough through the machine narrowing it one notch at a time until you reach the second last setting.
• Set machine to fettuccine setting and feed dough through
• Placing cut dough onto clean tea towels
• Bring a large pot of water to the boil
• Cook fresh pasta for 3-5 minutes only
• Strain and return to pan
• Toss broccoli mixture through pasta
• Sprinkle with parmesan cheese to serve.