

## **Anchovy, Broccoli & Walnut Pasta**

2 Servings

### **Ingredients**

- 140 g dry rigatoni or penne
- 320 g broccoli, florets + stems chopped
- 30 g oil-packed anchovy fillets, drained and minced
- 3 cloves garlic, thinly sliced
- 1.5 T / 20 g olive oil
- 100 g cooked cannellini beans, rinsed
- 25 g walnuts, toasted and chopped
- 40 g freshly grated Parmesan
- 1 tsp lemon zest + 1 tsp lemon juice
- Fresh black pepper



### **Instructions**

1. Boil **pasta** in salted water. Add **broccoli** florets during **last 2 minutes**.
2. Reserve **1 cup pasta water**; drain.
3. In skillet heat **olive oil** over **medium**. Add **anchovy** and **garlic**; cook **1–2 minutes** until melted.
4. Add **broccoli stems**; sauté **2 minutes**.
5. Add **beans** and **1/2 cup pasta water**; simmer **2 minutes**.
6. Add **pasta** and **florets**; toss well.
7. Add **lemon zest, juice, walnuts, pepper**.
8. Remove from heat; fold in **Parmesan**. Adjust with pasta water as needed.

### **Nutrition (Per Serving)**

Kcal: 638 | Protein: 30 g | Fat: 27 g | Sat. Fat: 6 g | Carbs: 72 g | Sugars: 6 g |  
Fiber: 11 g | Sodium: 808 mg | Omega-3: 1.35 g

### **Nutrition (Total Dish)**

Kcal: 1275 | Protein: 60 g | Fat: 54 g | Sat. Fat: 13 g | Carbs: 144 g | Sugars: 11 g  
| Fiber: 21 g | Sodium: 1615 mg | Omega-3: 2.7 g