

Simple Stop Trying So Hard Broccoli Spaghetti

James Park, NYC chef



- 8 ounces pasta, like spaghetti
- 1 tablespoon unsalted butter
- 1 tablespoon extra-virgin olive oil
- 4 cloves garlic, half sliced and half crushed
- 1 teaspoon red pepper flakes
- 1 medium onion, sliced
- 2 cups broccoli florets
- 1 teaspoon lemon zest, or more
- 2 cups whole milk
- 1/4 cup grated Parmesan cheese
- 1/2 teaspoon kosher salt
- 1 pinch freshly cracked black pepper
- 1/2 teaspoon garlic powder

Per Serving (excluding unknown items): 391 Calories; 13g Fat (29.6% calories from fat); 15g Protein; 54g Carbohydrate; 3g Dietary Fiber; 28mg Cholesterol; 404mg Sodium. Exchanges: 3 Grain(Starch); 1/2 Lean Meat; 1 Vegetable; 0 Fruit; 1/2 Non-Fat Milk; 2 Fat.

Carolyn T's Blog: tastingspoons.com

Servings: 4

1. Melt butter and olive oil in a large heavy pot over medium-low heat. When butter is melt, add sliced and crushed garlic and red pepper flakes until they are fragrant. Stir occasionally to make sure garlic and red pepper flakes don't get burnt.
2. Once they are fragrant, add sliced onion and broccoli florets. Season them with salt and pepper. Toss everything until onions are translucent and florets are tender but still firm, for 3-4 minutes. Add lemon zest at the end and quickly toss everything again until it's fragrant.
3. Add whole milk to the pot with salt and garlic powder and let it simmer over medium heat for 5 minutes.
4. Meanwhile, cook pasta in heavily salted water, occasionally stirring, until very al dente (2-3 minutes less than package directions). Reserve 1/2 cup of pasta water.
5. Using tongs, add pasta to milk broth. Cook everything over high heat and bring everything together with pasta water and Parmesan for a minute, or until the pasta is cooked when you taste, "al dente" if you can.
6. Serve pasta with freshly cracked black pepper and more grated Parmesan cheese.