

## RECIPE: LEMON PENNE WITH BROCCOLI AND ASPARAGUS

We admit it: we have a thing for lemon. Naturally, we're obsessed with this dish, which calls on lemon for lightness, red chili flakes for heat and SUPERFOOD TEFF Penne for pasta delicious-ness. This is good stuff, friends.

**PREP TIME:** 10 mins

**COOK TIME:** 20 mins

**SERVINGS:** 2-4

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### INGREDIENTS:

- SUPERFOOD TEFF Penne (200g)
- 2 pounds fresh broccoli
- ½ pound asparagus
- 2 TBSP olive oil
- 1 lemon, zested and juiced
- 2 garlic cloves
- 2 tsp red chili flakes
- 1 cup Parmesan cheese, freshly grated
- salt and pepper, to taste

### METHOD:

Place a steamer basket into a pot with shallow water, and bring to a boil. While you wait, trim the broccoli and cut into florets. Add the broccoli to the pot and let steam for roughly 5 minutes until tender. Remove broccoli and set aside.

In a large non-stick pan, add a small amount of olive oil and roast garlic and chili flakes on medium heat, until lightly browned. Add cut asparagus and broccoli, cooking until mixture is fragrant and cooked through – 10 minutes.

Meanwhile, bring a large pot of water to boil and add the 200g of skinnypasta™ SUPERFOOD TEFF Penne – which should have been thawed briefly at room temperature. Cook for one minute and test for doneness. Strain pasta and return to pot.

Add remaining olive oil, vegetable mixture, lemon juice, and half of the Parmesan cheese and lightly toss. Add salt and pepper to taste.

Serve immediately and garnish with remaining Parmesan cheese, lemon zest, additional chili flakes and extra lemon wedges. Enjoy!

- Post a photo and #NourishPassion to share your meal with us!