

Shrimp Pasta with Broccoli Sauce



Ingredients:

- 1 small share broccoli, cut into very small florets about equal size (about 6 cups packed)
- 8 ounces pasta
- 3 tablespoons olive oil
- 1 shallot, diced
- 6 garlic cloves, chopped or 1 tsp garlic powder
- 1 tsp Aleppo flakes
- 1 TBS umami powder
- 2 cups veggie broth or chicken broth
- 1-2 teaspoons lemon zest
- Garnish: grated parmesan cheese
- Top with shrimp if desired sautéed with butter and umami.

Method: Steam small broccoli florets until very tender and set aside. Cook the pasta to direction on package and reserve 1 cup of pasta water. In a large pan, sauté the shallot and garlic and Aleppo flakes in the olive oil, over medium heat until fragrant and golden, about 3 minutes. Stir in the umami powder then add steamed broccoli, salt, pepper to taste and the broth. Bring to a gentle simmer and start breaking apart the broccoli with a metal spatula into tiny pieces. As it cooks it will get easier to break apart. You want the broccoli to basically melt down into a “sauce”. Continue simmering gently on low heat until half of the liquid evaporates and it becomes the consistency of a thick sauce, about 10-15 minutes. If it seems watery and separated, just keep cooking it down. It won’t be smooth- but just broken down and very tender. Add the pasta. Toss well. Add more hot pasta water to keep it ” saucy.” Add the lemon zest. Taste for salt, adjust, adding more along with pepper, chili flakes. If you want more richness add another splash of olive oil. Stir in some optional Parmesan. Divide among pasta bowls and top with any of the garnishes you like. Grated Parmesan, basil ribbons add flavor, or a drizzle of truffle oil. Serve with sautéed shrimp