

# ONE POT BROCCOLI CHEESE PASTA



Moderate



45 Minutes



Lunch/Main



04-06 Servings

## INGREDIENTS

one tbsp extra virgin olive oil  
one small onion, chopped  
two cloves garlic, minced  
400g fusilli pasta  
one medium broccoli, cut into small florets  
3½ cups water  
2 cups whole milk, or half cream and half milk  
sea salt  
freshly ground black pepper  
pinch of red pepper flakes  
two cups shredded cheddar  
½ cup parmesan



## COOKING STEPS

In a large pot over a medium heat, heat the oil. Add the onions and cook them until soft stirring regularly, about 5 minutes. Add the garlic and cook until fragrant, about 1 minute more.

Add the pasta and broccoli, then stir in the water and milk. Season with salt, pepper and red pepper flakes. Bring to a boil, reduce the heat and let simmer, stirring occasionally, until the pasta is al dente, 12 to 14 minutes.

Add cheeses and stir until melted.