

Creamy Broccoli Pasta

Serves 3

Exchange Free per serving

Ingredients

255g Broccoli*

¼ white onion

½ courgette

salt and pepper

2tbsp Lemon Juice

½ tub Violife Creamy

Olive Oil

Low protein pasta of choice 300g cooked.

**Please note that 85g of Broccoli is free, an additional portion needs to be counted as 1 exchange*



Method

1. Boil the broccoli in a pot, in a separate pot start boiling your low protein pasta in salted water.
2. While they're boiling, fry your courgette and onion with a drizzle of olive oil.
3. Once the broccoli is fork-tender, remove from boil and add to a blender alongside the cooked courgette and onion.
4. Add 2 tbsp of lemon juice, salt and pepper to taste then add ½ tub of Violife Creamy and blitz until a smooth sauce is formed. Add a little water if its too thick.
5. Divide the 300g of cooked pasta into 3 portions and add equal amounts of the broccoli sauce to each portion. Mix altogether and enjoy!