

EAT THEM TO DEFEAT THEM



Norse

Fresh Ideas Feeding Minds



Broccoli Pasta Sauce

*This super easy and nutritious **vegan** recipe has been provided by fellow Proudly Norfolk member Suzy Smith at Bace Foods Limited and makes a great midweek dinner! You can find more recipes on their website – www.bacefoods.co.uk.*

Serves 4

Ingredients

1 x	Broccoli Head
200ml	Plant-Based Milk (oat, soya or almond)
2 Tbsp.	Nutritional Yeast Flakes
1 Tbsp.	Vegetable Oil
Salt and Pepper to Taste	
Hot Pasta to Serve	

Method

1. Cut the broccoli in half.
2. Cut one half into bite-sized pieces. Heat the oil in a frying pan and cook the broccoli pieces until golden but still crunchy.
3. Cut the other half of the broccoli into florets. Boil for 4 minutes and drain. Blend the cooked broccoli with the plant-based milk and yeast flakes. Season to taste.
4. Pour the creamy broccoli sauce over the cooked pasta and top with the crunchy broccoli bites.

Suzy recommend serving with Norwich City veg – peas and sweetcorn – and you're well on your way to your 5 a day!

CHOP 'EM DOWN

