

# *The Curve*

## *SEASONAL RECIPE 1*

# *Linguine with Purple Sprouting Broccoli, Sesame & Chilli*

*Makes 2 Servings*

## *Ingredients*

- *200g linguine*
- *25ml olive oil*
- *150g purple sprouting broccoli, halved lengthways and trimmed*
- *2 red birds eye chillies, cut in half*
- *2 garlic clove, thinly sliced*
- *1 tablespoon sesame seeds*
- *A large handful chopped flat leaf parsley*
- *1 lemon, juiced*



# *How to Do It*

- 1. Cook the linguine following the packet instructions.*
- 2. Meanwhile heat a little oil in a frying pan and add the purple sprouting broccoli, cook for 4 minutes then add the chilli and garlic*
- 3. Fry everything together, stirring so that nothing sticks and burns, until the broccoli is cooked through*
- 4. Stir in the sesame seeds and brown them briefly*
- 5. Add the parsley and lemon juice and toss through the linguine with plenty of seasoning*

## *Chefs Tip*

*You can blanch the broccoli up to 8 hours ahead: tip the drained broccoli into a bowl of ice cold water to stop the cooking. Drain again and keep cool.*

