



Penne with Savory Broccoli Sauce

Serves One

Prep: 10 Minutes | Cook: 12 Minutes

From "Serves One" by Toni Lydecker, Lake Isle Press, 2005

INGREDIENTS

- 1 heaping teaspoon salt
- 1 medium broccoli crown (see Note), cut into small pieces (about 2 cups)
- 1 cup penne, orecchiette, or cavatelli (about 3 ounces)
- 1 tablespoon extra-virgin olive oil
- 1 teaspoon finely-chopped garlic
- 1 anchovy
- Crushed red pepper, to taste
- Freshly grated Parmigiano-Reggiano cheese

PREPARATION

1. Combine 6 cups water and the salt in a medium saucepan. Bring to a boil over high heat. Boil the broccoli for a minute or two until the stalks are barely tender (test with a knife). Scoop out the broccoli with a slotted spoon and set aside. Add the pasta to the same water.
2. Meanwhile, heat the oil over medium-low heat in a medium skillet. Add the garlic and cook until golden, about a minute. Add the anchovy along with 1/3 cup of the pasta cooking water, and stir until the anchovy dissolves. Add the reserved broccoli to the mixture. Cover and simmer until the broccoli is tender and some of the liquid has evaporated.
3. Drain the pasta when it is al dente and stir into the broccoli mixture. Transfer to a shallow soup-pasta bowl and season with crushed red pepper and Parmigiano-Reggiano.



Dara O'Brien

Cook's Notes

Instead of broccoli, you can substitute the same quantity of broccolini or broccoli rabe.

If you're tempted to ditch the anchovy, please reconsider. This feisty little fish can be subtle. Rather than slapping you with a fishy, salty taste, as it does on a pizza, the anchovy melts unobtrusively into the sauce and gives it a grounded, savory flavor.

Look for anchovies in olive oil, imported from Spain or Italy—preferably in a glass jar, which makes it easier to save what's left in the refrigerator.

Variation

Add 2 ounces of cooked sweet or hot Italian sausage chunks.

SERVES ONE

By Toni Lydecker

"Taking time for a homemade meal is a way of pampering yourself." —Toni Lydecker

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