

poppy cooks

Cookathon 2025

Pea and broccoli Alfredo

Serves 4-6

6 nests of dried tagliatelle

100ml double cream

4 cloves of garlic, minced

Splash of vegetable oil

120g vegetarian Italian hard cheese, grated

2 large handfuls of frozen broccoli florets, or fresh broccoli if you have it

3 large handfuls of frozen peas

- Get a large pan of salted water on to boil
- In a separate sauce pan (large enough to hold the pasta and the sauce) add in the oil and get onto a medium heat.
- Add the garlic to the sauce pan with the oil and cook for a few minutes until fragrant but not coloured.
- Add the cream to the pan and turn the heat up to a medium-high and let the cream boil.
- Add in most of the cheese but save some to layer too and stir well then turn the heat back down to medium.
- Once the water for the pasta has come to a rolling boil add in the pasta and cook for 7 minutes.
- Once it's been 7 minutes add in the frozen broccoli florets, if any are a bit too large cut them down before adding. If using fresh broccoli, add the florets into the pan after 8 minutes.
- Then add in the peas and continue to boil for a further 3-5 minutes until the broccoli is cooked as is the pasta.
- Strain the pasta and veg keeping 1 large mug of pasta water
- Add the pasta and veg straight into the sauce and stir in adding pasta water bit by bit to get the best consistency of sauce. You want it to thickly coat the pasta.