

Penne with Broccoli, Bacon, and Anchovies

Serves 3-4

Adapted by sweetbynurture.com from the cookbook *Good Food*

NOTE: This recipe can be easily doubled. Don't let the broccoli overcook. The sauce will taste a bit salty but when you add the pasta it sorts itself out. Also, any tubular pasta you use is OK. You just want the pasta to catch the sauce.

Ingredients:

3 large cloves garlic
3 anchovies filet
2 tablespoons olive oil—divided
½ tablespoon coarse salt
3 oz. pancetta cut into slices or 2 slices of thick bacon cut up
1 large head of broccoli cut into small florets
½ tablespoon salt
2 tablespoons of vegetable oil
½ pound of tubular pasta- penne, fusilli, or rigatoni (I used Gigli from Trader Joe's)
¼ cup or more of parmesan cheese grated

Directions:

Combine garlic, salt, anchovies, and 1 tablespoon of olive oil in mortar and pestle, crush to a paste.

In a heavy skillet add the remaining tablespoon of olive oil and cook the pancetta over medium heat until it begins to turn brown and crisp. Add the anchovy mixture. Stir for 3 minutes until the anchovies have melted into the sauce. Add the broccoli and cook over high heat, stirring constantly so the broccoli doesn't burn, has turned dark green, and begins to soften but still has a bit of crunch. Turn off the heat and let the broccoli mixture sit in the pan uncovered while you cook the pasta.

In a large pot add two quarts of unsalted water and the vegetable oil. Cover and bring to a boil, add the pasta, and cook till al dente— a minute or two less than the directions. Set aside ½ cup of the pasta water and drain the rest. If the broccoli is still too crunchy add a couple tablespoons of the pasta water to the mixture and heat back up for a minute.

Add the drained pasta to a large bowl, toss with the broccoli mixture and the grated cheese and another tablespoon or two of water to coat the pasta if needed. Serve immediately.