

Low FODMAP vegan broccoli and pine nut pasta

Great and simple dish to make, lovely for the warmer weather and can be eaten hot or cold.



Ingredients

Serves 4

- 300g Gluten free pasta
- 40g pine nuts
- 1 head of broccoli
- 2.5 cm square of Vegusto Prosciano
- 1 tbsp of garlic infused oil
- a few basil leaves
- seasoning to taste

Method

Chop the broccoli close to the head and then into small 'trees'

Cook the pasta in boiling water using the packet directions adding seasoning, use gluten free if your sensitive to standard pasta.

Add 1 tbsp of garlic infused oil to a pan and roast the pine nuts.

Add the basil, cooked pasta and broccoli to the pan with the pine nuts in with a tablespoon of water the pasta was cooked in.

Combine and serve with a sprinkling of the cheese for each portion