

SIDE DISH

Bowties and Broccoli

30 September 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
30 min	10 min	20 min	8	\$0.65	336 kcal



The recipe Bowties and Broccoli can be made in roughly 30 minutes. This recipe serves 8. One serving contains 336 calories, 13g of protein, and 11g of fat. For 65 cents per serving, this recipe covers 15% of your daily requirements of vitamins and minerals. 14 people have made this recipe and would...

Ingredients

- ☐ 4 cups broccoli florets
- ☐ 4 cloves garlic, sliced
- ☐ ¼ cup olive oil
- ☐ 8 servings salt to taste
- ☐ 1 pound dry farfalle (bow tie) pasta
- ☐ 8 servings ground black pepper to taste
- ☐ 1 cup grated Pecorino Romano cheese

EQUIPMENT Bowl, Frying pan, Pot, Steamer basket

Method

- 1 Bring a large pot of lightly salted water to a boil.
- 2 Add farfalle pasta and cook for 8 to 10 minutes, until al dente.
- 3 Drain, reserving 1/4 cup pasta water.
- 4 Place broccoli in a pot fitted with a steamer basket over boiling water. Steam 5 minutes, or until tender.
- 5 Heat the oil in a skillet over medium heat. Stir in garlic, and cook 1 minute, or until golden brown.
- 6 In a bowl, toss together the pasta, reserved pasta water, broccoli, garlic, remaining oil, and cheese. Season with salt and pepper.

Nutrition per serving

	336 KCAL	13 g PROTEIN	11 g FAT	46 g CARBS
Saturated Fat				3.3 g · 21% of daily needs
Fibre				3.1 g · 12% of daily needs
Sugar				2.4 g · 3% of daily needs
Sodium				363 mg · 16% of daily needs
Cholesterol				13 mg · 4% of daily needs
Vitamin C				41.1 mg · 50% of daily needs

Adapted from Allrecipes. Find this recipe, ratings and more ideas at whatsheate.com/bowties-and-broccoli-146823