



Pasta with Broccoli, Crispy Prosciutto, and Toasted Breadcrumbs

READY IN



45 min.

SERVINGS



4

CALORIES



839 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 pound broccoli cut into bite-size pieces
- 2 medium garlic clove minced
- 3 tablespoons olive oil
- 0.7 cup panko bread crumbs
- 4 servings parmesan freshly grated for serving
- 4 ounces pancetta thinly sliced
- 2 medium shallots finely chopped
- 1 pound .5 oz. macaroni dried such as penne or rotini

Equipment

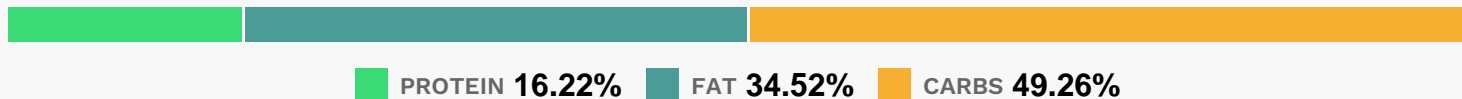
- bowl
- frying pan
- pot
- sieve
- stove
- slotted spoon
- colander

Directions

- Bring a large pot of generously salted water to a boil over high heat. Prepare an ice water bath by filling a bowl halfway with ice and water; set aside. Once the water boils, add the broccoli and cook until just tender, about 4 minutes. Using a slotted spoon or strainer, remove the broccoli and plunge in the ice water bath; return the cooking water to a boil.
- Remove the broccoli from the ice water bath and place in a colander or strainer set over a bowl to drain. Once the cooking water returns to a boil, add the pasta and cook according to the package directions.
- Drain the pasta, reserving 1/4 cup of the cooking water. Meanwhile, heat 1 tablespoon of the olive oil in a large frying pan over medium-high heat.
- Add the prosciutto and cook until crisp and golden brown, about 5 minutes. Use a slotted spoon to remove the prosciutto to a plate; set aside (and do not wash the pan). Return the pan to the stove over medium-high heat; add the remaining 2 tablespoons of olive oil. When the oil shimmers, add the garlic and shallots, cooking until golden brown, about 2 to 3 minutes. Stir in the panko and cook until toasted and golden brown, about 2 minutes; remove from the heat. Return the pasta to the pot and place over medium-low heat.
- Add the reserved pasta water, broccoli, and prosciutto. Taste the pasta and adjust the seasoning, adding more salt if necessary; stir until evenly mixed and the broccoli is heated through.
- Transfer the pasta to a serving platter and sprinkle the panko mixture over top. Pass freshly grated Parmigiano-Reggiano on the side. Beverage pairing: Lis Neris Pinot Grigio, Italy. This wine has a steely, lean edge from its tank fermentation, yet a broad, round breadiness from aging on its lees. The upshot is that it has the body to pair nicely with the pasta and good,

green flavor to go with the broccoli.

Nutrition Facts



Properties

Glycemic Index:29.75, Glycemic Load:2.38, Inflammation Score:-9, Nutrition Score:34.958695733029%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.92mg, Luteolin: 0.92mg, Luteolin: 0.92mg, Luteolin: 0.92mg Kaempferol: 8.89mg, Kaempferol: 8.89mg, Kaempferol: 8.89mg, Kaempferol: 8.89mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 3.72mg, Quercetin: 3.72mg, Quercetin: 3.72mg

Nutrients (% of daily need)

Calories: 838.63kcal (41.93%), Fat: 32.18g (49.51%), Saturated Fat: 10.71g (66.93%), Carbohydrates: 103.33g (34.44%), Net Carbohydrates: 95.87g (34.86%), Sugar: 6.81g (7.57%), Cholesterol: 39.11mg (13.04%), Sodium: 787.66mg (34.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.03g (68.06%), Selenium: 89.83µg (128.33%), Vitamin C: 102.62mg (124.39%), Vitamin K: 123.4µg (117.52%), Manganese: 1.44mg (72.03%), Phosphorus: 564.48mg (56.45%), Calcium: 459.47mg (45.95%), Fiber: 7.46g (29.83%), Folate: 108.95µg (27.24%), Magnesium: 107.82mg (26.95%), Vitamin B6: 0.54mg (26.8%), Vitamin B1: 0.38mg (25.31%), Zinc: 3.44mg (22.91%), Vitamin B3: 4.57mg (22.86%), Copper: 0.45mg (22.29%), Potassium: 762.42mg (21.78%), Vitamin B2: 0.37mg (21.63%), Vitamin A: 951.89IU (19.04%), Iron: 3.38mg (18.79%), Vitamin E: 2.72mg (18.16%), Vitamin B5: 1.53mg (15.32%), Vitamin B12: 0.54µg (8.95%), Vitamin D: 0.26µg (1.76%)