

Broccoli Pesto Pasta with Shrimp

- 1 large broccoli crown
- 1 tsp coarse salt
- 1 Tbsp BTB chicken or vegetable bouillon
- 1 lb pasta
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- 1/2 lb shrimp (raw, peeled, deveined)
- 1 tsp olive oil
- 1 Tbsp sunflower oil
- 1 tsp salt
- 1/4 tsp pepper
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- 1 bunch fresh basil (about 1 Tbsp)
- 3 cloves garlic
- 3 Tbsp olive oil
- 1 lemon, zested
- 3 Tbsp grated parmesan
- 1 cup ricotta cheese

Options:

- 1/8 tsp red pepper flakes
- 1/4 cup pecans, toasted and chopped

- 1) Bring a large pot of water to a boil. Add 1 tsp of salt and bouillon to each pot.
- 2) Cut the broccoli into florets. Add to one of the pots of boiling water. Cook the broccoli until tender and bright green (about 5 minutes).
- 3) Use tongs to take the broccoli out. Set aside.
- 4) In the same pot of water, add more salt (about 1/2 Tbsp) and cook the pasta until al dente. Reserve 1/4 cup of the cooking liquid.
- 6) Heat 1 tsp olive oil and 1 Tbsp sunflower oil in a large skillet. Add shrimp with defrosting liquid. Season salt and pepper. Stir and after 1 minute, use a slotted spoon to remove the shrimp and set aside. (They won't be cooked all the way!)
- 7) While the pasta and chicken are cooking, add basil, peeled garlic cloves, olive oil, lemon zest, and Parmesan in a food processor until finely chopped. Add the cooked broccoli and pulse until coarsely chopped, 4 to 6 times. Season with a pinch of salt and pepper.
- 8) Add broccoli pesto, shrimp, and ricotta to the skillet. Turn heat to medium. Add the reserved cooking liquid and simmer for 3-5 minutes or until well-combined.
- 9) Toss with pasta and serve hot!