



This broccoli and garlic penne stir fry is super-duper easy to make, healthy, and tastes so fantastic you will need to eat 17 plates before you are full.

Ingredients

250 g of penne pasta

6 large cloves of garlic, minced

Broccoli

2 diced red onion

1 tablespoon of ground coriander spice

1 teaspoon of white pepper

Salt to taste



Method

Chop your broccoli (as much as you want) and steam them. When they are done, set them aside

Put your penne pasta to boil. After it is done, run it through some cold water then set it aside. This prevents it from sticking together.

Put some oil to heat in a pan. Add the onion and garlic, together with some salt, the coriander powder and the white pepper. Let this saute until the onion is soft.

Add the pasta and mix it all in. After a minute, add the steamed broccoli and mix it in. Remove from the heat after a minute and serve.



SERVE WITH: thick beef stew, minced meat or meatballs

This recipe was brought to you by Kaluhi's Kitchen from: <http://www.kaluhiskitchen.com/broccoli-and-garlic-penne-stir-fry/>