

**“Our world of well-being”**

Traditional healthy recipe

“Cavatelli with broccoli and cheese”

 

Basilicata

**Ingredienti (4 persone): Ingredients (4 people)**

* Cavatelli , 500 grams Cavatelli, 500 grams
* broccoli siciliani, 2 broccoli
* olio extravergine d’ oliva, q.b. olive oil
* aglio, 1 spicchio garlic , 1 clove
* sale, q.b. salt
* peperoncini, 2 dry peppers, 2
* formaggio cheese

“cavatelli” is a handmade pasta but you can use “spaghetti” too.

Put some water in a pan. Boil the water and add the “broccoli” then “pasta” and cook for 8 minutes. In a frying pan put some oil, garlic and dry peppers and cook for 2 or 3 minutes. Drain the broccoli and pasta and put them again in a pan. Sprinkle the oil and peppers on them . Stir all of ingredients with a wooden spoon and put on the plates. “Buon appetito” as Italians say before eating!