**Broccoli pesto penne with chilli and garlic sizzle (V)**

Serves 2

* 150g (5 1/4oz) wholewheat penne
* 200g (7oz) broccoli florets
* 1 x 30g pack basil
* 1/2 x 30g pack flat-leaf parsley
* 20g (3/4oz) roasted chopped hazelnuts
* 3 tsp olive oil
* 30g (1oz) vegetarian hard cheese or Parmesan, finely grated, plus extra to serve
* 2 garlic cloves, thinly sliced
* 1 large red chilli, sliced into thin rounds

1. In a pan of boiling water, cook the pasta following the pack instructions. In another pan of boiling water, blanch the broccoli for 3 minutes, drain and refresh under cold water.
2. In a food processor, whizz the broccoli with the basil, parsley, nuts and 1 tsp oil, until finely chopped. Add the cheese and 4-5 tbsp of the pasta cooking water to loosen the pesto, then pulse. Season to taste.
3. When the pasta is ready, drain and return to the pan. Add the broccoli pesto and mix through the pasta to coat.
4. Heat the remaining oil in a pan, add the garlic and chilli and stir-fry for 1 minute over a high heat, until softened and browning slightly.
5. Divide the pasta between 2 serving bowls, and spoon over the garlic and chilli sizzle. Serve with a few cheese shavings, if you like.