**Roast Tenderstem broccoli and lemon pasta (V)**

**Serves 2**

* 300g Tenderstem broccoli cut into bite-sized pieces
* 2tbsp olive oil
* sea salt flakes
* 1 clove garlic, skin on
* 1/2, zested lemon
* 200g tortiglioni or other short pasta
* 25g lower fat parmesan (or veggie alternative) plus extra to serve

1. Heat the oven to 200C/fan 180C/gas 6. Toss the Tenderstem with 2 tbsp olive oil, then spread out on a baking tray and season with sea salt and pepper.
2. Wrap the garlic clove in a little foil and add to the tray along with the whole zested lemon half. Roast for 15-20 minutes until the Tenderstem is tender and starts to crisp and char at the edges.
3. Meanwhile, cook the pasta in boiling salted water until tender then drain, keeping a cup of the pasta cooking water.
4. Squeeze the roasted lemon into the drained pasta pan. Add the zest then squeeze the garlic from its skin and mash into the lemon juice.
5. Tip the pasta back in with the parmesan and a good splash of cooking water. Stir and toss over the heat for a minute, then add the Tenderstem and toss again. Serve with extra parmesan, if you like.