

Helergon Kitchen

Broccoli Cheese Pasta – Easy Weeknight Dinner

15 min Prep time	**20 min** Cook time	**35 min** Total time
4 Servings	**Easy** Difficulty	**Italian** Cuisine

Ingredients

Main Ingredients

- [ ] 12 oz penne pasta
- [ ] 2 cups broccoli florets
- [ ] 1 cup shredded cheddar cheese
- [ ] ½ cup shredded mozzarella
- [ ] 2 tbsp butter
- [ ] 2 cloves garlic, minced
- [ ] ¼ cup grated Parmesan
- [ ] 1 tbsp lemon juice
- [ ] Salt and pepper to taste

Optional Add-ins

- [ ] Cooked turkey ham, diced
- [ ] Red pepper flakes for heat

Instructions

1. Bring a large pot of salted water to a boil; add pasta and cook until al dente, about 9 minutes. During the last 3 minutes, toss in the broccoli florets so they steam together.
2. Meanwhile, melt butter in a large skillet over medium heat. Add minced garlic and sauté until fragrant, about 30 seconds – watch the color turn golden.
3. Drain pasta and broccoli, reserving 1 cup of cooking water. Return the pasta-broccoli mix to the pot, then pour it into the skillet with the garlic butter.
4. Stir in cheddar and mozzarella, adding a splash of reserved pasta water as needed, until the cheese melts into a silky sauce. Finish with lemon juice, Parmesan, salt, and pepper.
5. If using, fold in diced turkey ham and a pinch of red pepper flakes. Serve warm, garnished with extra Parmesan and a drizzle of olive oil.

Nutrition per serving

420 kcal	18 g	48 g	16 g
Calories	Protein	Carbs	Fat

Tips & notes

- Reserve pasta water early; it’s the secret to a glossy sauce.
- For a richer flavor, grate the cheese just before adding it.
- A quick splash of milk can make the sauce extra creamy without heaviness.