

Choco Fever Dream

Broccoli and Cheese Pasta – Easy Dinner Recipe

10 min Prep time	**20 min** Cook time	**30 min** Total time
4 Servings	**Easy** Difficulty	**Italian-American** Cuisine

Ingredients

Main Ingredients

- [ ] 12 oz penne or fusilli pasta
- [ ] 2 cups broccoli florets, trimmed
- [ ] 1 cup sharp cheddar cheese, grated
- [ ] 1 cup whole milk
- [ ] 2 tbsp butter
- [ ] 2 cloves garlic, minced
- [ ] 1 tbsp olive oil
- [ ] 1 tsp lemon juice
- [ ] Salt and pepper to taste

Instructions

1. Bring a large pot of salted water to a boil; add pasta and cook until al dente, about 9 minutes. Reserve 1 cup of cooking water, then drain.
2. While pasta cooks, heat butter and olive oil in a skillet over medium heat. Add minced garlic and sauté for 30 seconds until fragrant.
3. Pour milk into the skillet, whisking constantly. Reduce heat to low and stir in grated cheddar until smooth; if the sauce thickens too quickly, add a splash of reserved pasta water.
4. Add broccoli florets to the sauce, cover, and let steam for 4-5 minutes until bright green and tender-crisp. Stir in lemon juice, then season with salt and pepper.
5. Toss the cooked pasta into the skillet, coating each piece with the cheese-broccoli mixture. Serve immediately, topping with extra cheese if desired.

Nutrition per serving

420 kcal	20 g	45 g	18 g
Calories	Protein	Carbs	Fat

Tips & notes

- For a richer flavor, finish with a drizzle of olive oil.
- If the sauce becomes too thick, thin it with a bit more milk or pasta water.
- A pinch of nutmeg adds subtle warmth without overpowering the cheese.