

bent street kitchen

broccoli orecchiette with fried egg and harissa

Ingredients:

1 bunch broccoli, trimmed, stalks cut into ½ cm pieces and the florets into 2 cm lengths
1 large onion, chopped
2 garlic cloves, crushed
¼ c pine nuts, toasted
1/3 c frozen peas
¾ c grated pecorino cheese
olive oil
1 T lemon juice
250 g orecchiette
2-4 eggs
sea salt
freshly cracked black pepper
harissa paste

Method:

In a large pot, bring to a boil 3 L of water with 2 t of salt. Keep hot and ready for the vegetables and pasta.

Heat 5 T olive oil in a large non-stick pan over medium-low heat for 5 mins. Add the onions and cook for 6 minutes, stirring occasionally, until onions are soft. Add garlic and pine nuts and cook for a further 5 minutes. At this stage, the onion mixture should be soft, sweet and sticky. Season with salt and pepper and set aside.

Add frozen peas and broccoli to pot of boiling water and cook for 2 mins. Fish out vegetables with a wire mesh or strainer and then transfer to a bowl. Pour cold water over vegetables, soak for a few seconds then drain and set aside. Add orecchiette to boiling water and cook according to your liking or packet instructions.

While the pasta is cooking, heat some oil in a frying pan over low heat. Break an egg into the pan one at a time. Cook until done to your liking. I used low heat for the eggs to give it a very soft texture that goes really well with silkiness of the rest of the ingredients.

Drain pasta and add to onion mixture along with the peas and broccoli. Add the cheese and lemon juice and mix well. Season to taste.

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To serve, you can divide the pasta into 4 entrée-sized meals or 2 main-sized meals. Top each pasta plate with an egg and place a small dollop of harissa on the side.