

# **Cauliflower and Broccoli Pasta Sauce**

## **Equipment**

Saucepan

Chopping board

Non slip mat

Knife

Wooden spoon

Potato masher

Spanish grater plate

## **Ingredients**

500 grams broccoli and cauliflower

4 cloves garlic

1 tbs basil

2 tbs olive oil

4 cups of vegetable stock

2 grinds of salt

2 grinds of pepper

## **Method**

1. Mince the garlic
2. Chop broccoli and cauliflower into small pieces
3. Brown the garlic
4. As soon as garlic browns, add 1 cup of vegetable stock
5. Add broccoli, cauliflower, basil, salt and pepper
6. Bring to boil
7. Lower the heat and let simmer for 20 minutes or until the broccoli and cauliflower is soft enough to mash
8. If it is too thick add more stock a little at a time until it's desired consistency
9. Serve over pasta