

## Creamy Dijon Pasta with Broccoli

### Ingredients

- 12 oz pasta (penne, rotini, or shells)
- **1 small head of broccoli, cut into bite-size chunks**
- 2 Tbsp olive oil
- 2 Tbsp butter
- 3 cloves garlic, minced
- 2 Tbsp Dijon mustard
- 1 cup heavy cream
- ½ cup grated Parmesan cheese
- ½ tsp salt, plus more to taste
- ½ tsp black pepper
- Optional: pinch of red pepper flakes

### Method

1. Bring a large pot of salted water to a boil. Cook pasta according to package directions.
2. During the last **3 minutes** of pasta cooking, add broccoli to the pot. Drain together and set aside.
3. In a large skillet over medium heat, warm olive oil and butter.
4. Add garlic and cook **30 seconds** until fragrant.
5. Whisk in Dijon mustard, then pour in heavy cream. Simmer gently **3–4 minutes** until slightly thickened.
6. Stir in Parmesan, salt, pepper, and red pepper flakes if using.
7. Add pasta and broccoli to the skillet. Toss until fully coated and creamy.
8. Taste and adjust seasoning. Serve hot.

### Notes

- Sauce should cling, not pool — loosen with a splash of pasta water if needed.
- Broccoli stays chunky on purpose for texture and balance.
- Comfort food, not restaurant food — creamy, cozy, dependable.