

Pasta with Broccoli Rabe and Sausage

from Tiny Urban Kitchen

1/4 cup olive oil
4 garlic cloves, peeled and chopped
1 lb. Italian sausage, casings removed and cut into bite size pieces
1 lb. broccoli rabe, blanched (see below)
1 cup broccoli rabe water (see below)
salt and pepper to taste
1 lb. pasta
Freshly grated Pecorino Romano cheese

Bring a pot of water to boil for cooking the pasta.

Heat oil and add garlic in a large sauté pan over medium heat. Add the sausages and sauté until meat is cooked and loses its raw look. Add blanched broccoli rabe. Add rabe water and salt and pepper to taste. Increase heat to medium-high and cook until the contents are hot.

Meanwhile, cook pasta rapidly boiling salted water until al dente. Drain the pasta and return it to the pot. Place over medium-high heat and stir in 3/4 cup of broccoli rabe and sausage sauce. Using a wooden spoon, toss together for 1 minute. Remove from heat and pour into a large serving platter or bowl. Spoon remaining sauce over the top. Sprinkle with Pecorino Romano cheese.

Blanched Broccoli Rabe – (2 bunches)

Wash and dry broccoli rabe. Place broccoli rabe in a deep saucepan with cold water to cover by about 2 inches. Bring just to a simmer over high heat. As soon as bubbles appear at the sides of the pan, remove it from the heat. Reserve cooking water. Immediately place broccoli rabe in cold water to stop the cooking process. When broccoli rabe is cool, drain well in a colander and pat dry. Chop broccoli rabe into 2-3 inch pieces.

(Servings: 4, Prep time: 30 min., Cook time: 20 min., Difficulty: Easy)