



Orecchiette with Sausage and Broccoli Rabe

This Orecchiette with Sausage and Broccoli Rabe combines hearty, savory flavors with a touch of bitter greens for a perfectly balanced dish. Featuring tender orecchiette that catch every bit of the garlicky, slightly spicy sausage and sautéed broccoli rabe, it's a rustic Italian classic that comes together in 30 minutes.

Ingredients (4 Servings)

Shopping List

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| ☐ 12 oz (340 g) orecchiette pasta | ☐ 2 tbsp extra virgin olive oil |
| ☐ 3 garlic cloves, thinly sliced | ☐ 1 lb (450 g) Italian sausage (mild or spicy), casing removed |
| ☐ 1 bunch broccoli rabe (rapini), trimmed and roughly chopped | ☐ ½ tsp red pepper flakes (optional) |
| ☐ Salt and freshly ground black pepper, to taste | ☐ Freshly grated Pecorino Romano cheese, to serve |

Preparation

Bring a large pot of salted water to a boil. Add the orecchiette and cook until *al dente*, according to package instructions. Reserve 1 cup of pasta water before draining.

While the pasta cooks, blanch the broccoli rabe in boiling water for 2 minutes, then drain and rinse with cold water to stop the cooking process. Set aside.

In a large skillet, heat the olive oil over medium heat. Add the garlic and sauté until fragrant, about 1 minute. Add the sausage and cook, breaking it up with a spoon, until browned and cooked through, about 8 minutes.

Add the blanched broccoli rabe to the skillet with the sausage. Sauté together for 3–4 minutes. Add the cooked orecchiette and toss everything together. Use some of the reserved pasta water to loosen the sauce if needed.

Add red pepper flakes (if using), season with salt and black pepper to taste, and finish with a generous sprinkle of Pecorino Romano.