

Pasta with Broccoli Rabe

Ingredients

1 lb Broccoli Rabe (trimmed and cut into pieces)
1/4 c Olive Oil
1/2 lb Italian Sausage
1 T Garlic (chopped)
1/4 t Red Pepper Flakes
1 t Fennel Seeds
1/2 c White Wine
1/2 lb Penne
1/2 c Parmesan Cheese
0 ds Ground Black Pepper
0 ds Salt

Instructions

1. Bring a large pot of water to a boil and salt it. Add broccoli rabe and boil until it's crisp-tender, 3-5 minutes, depending on the size of your pieces. Scoop the broccoli rabe out of the water with a slotted spoon or small strainer and set it aside.
2. Heat oil in a large skillet over medium heat. Crumble sausage into the pan and cook, stirring occasionally to break the meat into relatively small bits and brown it, about 5 minutes. Add garlic, red pepper flakes and fennel seeds, and sprinkle with salt and pepper.
3. Continue cooking and stirring for another minute or so. Add broccoli rabe and wine and cook, mashing and stirring, until the broccoli rabe is quite soft, 2-3 minutes more. Turn the heat to low

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to keep the sauce warm.

4. Cook pasta in the boiling water for about 5 minutes before checking the first time. When the pasta is just tender but not quite done, drain it, reserving about a cup of the cooking water. Toss the pasta with the sauce, along with some of the pasta water to keep the mixture from drying out. Taste and adjust the season and serve immediately, with Parmesan.