



Fusilli with Rapini Broccoli Rabe Garlic and Tomato Wine Sauce

Jacob · 30/09/2024



Prep Time

40 mins

Difficult

Medium

Servings

2

Description

This Italianinspired tomato garlic and rapini pasta dish is delicious in spring You can adapt this recipe to use whatever is growing in your garden

Ingredients

- - 1 bunch broccoli rabe
- trimmed and cut into 1-inch pieces - ½ cup uncooked fusilli pasta - 3 tablespoons olive oil - 2 cloves garlic
- roughly chopped - salt and ground black pepper to taste - 1 sprig fresh rosemary (Optional) - ½ teaspoon dried Italian herb mix
- or to taste - ¼ teaspoon crushed red pepper flakes
- or to taste - ¼ cup white wine - 1 (14.5 ounce) can diced tomatoes - 2 green onions
- sliced - 1 clove garlic
- minced - 2 teaspoons grated Parmesan cheese
- or to taste

Instructions

1. Fill a saucepan with enough water to cover broccoli rabe
2. sprinkle in some salt
3. and bring to a boil. Stir in broccoli rabe and cook until bright green and just starting to become tender
4. about 2 minutes; drain and cool in a bowl of ice water to stop the cooking process. Drain well
5. and pat dry with paper towels. Fill a pot with lightly salted water and bring to a rolling boil over high heat. Once water is boiling
6. stir in pasta and return to a boil. Cook pasta uncovered
7. stirring occasionally
8. until cooked through
9. but still firm to the bite
10. about 12 minutes. Drain well. While pasta is cooking
11. heat olive oil in a saucepan over medium heat; stir in 2 roughly-chopped garlic cloves until they start to turn translucent
12. about 2 minutes. Sprinkle with salt and black pepper; stir in rosemary sprig
13. dried Italian herb mix
14. and crushed red pepper flakes. Stir in blanched rabe
15. white wine
16. and tomatoes; remove rosemary sprig and bring to a boil. Mix in pasta
17. green onions
18. and 1 minced clove of garlic; simmer for 1 more minute
19. and serve topped with a sprinkle of Parmesan cheese.