

# Grossy's Broccoli Rabe with Sausage or Chickpea Pasta



## What You'll Need:

- 2 heads broccoli rabe, chopped into bite size pieces
- 6 Italian sausages, sweet or spicy\*
- 2 tablespoons olive oil, plus more for serving
- 6 cloves garlic, crushed
- Salt
- Red pepper flakes
- 1 lb. pasta, I recommend mezzis rigatoni or orecchiette
- Grated parmesan or pecorino cheese

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## What You'll Do:

1. Bring a salted pot of water to boil and drop in your broccoli rabe. Let it boil for 3-5 minutes, until bright green. Remove from water and drop into an ice bath, to prevent from cooking further. Drain broccoli rabe, chop into bite sized pieces, and set aside
2. Heat 2 tablespoons of olive oil in a pot
3. Remove sausage from casings and break into bits. Add sausage to pan and stir until brown
4. (You may need to break-up sausage further in pan.)
5. Remove sausage from pan and set aside
6. In the same pan, add 6 cloves of garlic, salt, and red pepper
7. Sauté until garlic is browned
8. Boil, cook, and drain pasta
9. Return sausage to sautéed garlic, along with blanched broccoli rabe. Mix up until everything is warmed up and nicely combined
10. Add extra olive oil, salt and pepper if you like
11. Serve with grated parmesan or pecorino cheese

**Recipe Notes:**

You can also use broccolini or classic broccoli in this recipe. I often do and love it just as much! There are a few versions below.

\*For a vegetarian substitution, chickpeas (canned, rinsed and dried) make an amazing substitution for sausage. Follow recipe exactly as written, using chickpeas instead of sausage. Sometimes I throw a little fennel in with the chickpeas! Delish!