

Braised Rapini (Broccoli Rabe)



Rapini that is braised until perfectly tender and tossed oil, garlic, and red pepper flakes.

Servings: makes 12 servings

Ingredients:

- 3 bunch Rapini, trimmed
- 4 tbsp olive oil
- 6 cloves garlic, chopped
- 1 tsp red pepper flakes, or to taste
- Salt to taste

Preparation:

Bring a large sauce pan of water to boil, add the Rapini and cook until the stalks are tender, about 2-4 minutes.

- Drain, chill in ice water, pat dry and set aside.
- Heat the oil in a pan over medium heat.
- Add the garlic and red pepper flakes and sauté until fragrant, about a minute.
- Add the Rapini and toss to coat in the oil, garlic, and red pepper flakes.