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Sauteed Broccoli Rabe with Garlic

Makes 4 servings

Ingredients-have your ingredients prepared in advance as suggested in the ingredient list.

1 pound broccoli rabe
3 tablespoons olive oil
1 pinch crushed red pepper flakes
4 cloves garlic
Salt and pepper to taste

Equipment for class

Cutting board
Chef's knife
Medium pot
Large sauté pan

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3 tablespoons olive oil
1 pinch crushed red pepper flakes
4 cloves garlic, sliced
Salt and pepper to taste

1. Bring a medium-sized pot of salted water to the boil. The water should be salty-tasting.
2. Trim the stems of the broccoli rabe at the end and discard. Add broccoli rabe to boiling water and cook until the thickest parts of stalks are tender, 2 to 3 minutes. Drain well.
3. Heat the olive oil in a sauté pan. Add the sliced garlic and cook over low heat, stirring occasionally, for 4 to 6 minutes, until golden brown.
4. Add the broccoli rabe to the pan, toss well, and return to medium-high heat. Cook, stirring occasionally and lowering heat as necessary to prevent burning. Cook until the rabe is very tender, about 10 minutes or up to 20 minutes if you prefer it more tender and less bitter. Season with salt. Serve hot.