



Cavatelli with Chicken Sausage & Broccoli Rabe Pesto

Total Time: 40-50 minutes

Serves 4



What's in the Box

- 1 lb. sweet Italian-style chicken sausage
- 1 bunch broccoli rabe
- 1 box cavatelli
- 1 wedge (7 oz.) Parmigiano Reggiano
- 1 jar (10 oz.) roasted sweet peppers
- 1 head garlic

From Your Kitchen

- 1/3 cup + 1 Tbs. extra virgin olive oil
- Pinch of chili flakes
- 1/2 cup white wine
- 2 Tbs. unsalted butter
- Salt and pepper, to taste

Equipment

- 2 large pots (about 8 quarts)
(or, 1 large pot and 1 deep skillet)
- Knife
- Slotted spoon
- Blender
- Strainer
- Measuring cups
and measuring spoons
- Cheese grater
- Cutting board

To Make Broccoli Rabe Pesto

Ingredient Prep

1 bunch broccoli rabe,
cleaned and de-crowned

1/3 cup extra virgin olive oil

1/4 cup grated
Parmigiano Reggiano

1 clove garlic, peeled

Chili flakes



Bring a large pot of salted water to a boil.

Meanwhile, clean broccoli rabe. Separate the greens by trimming the stems away, about 1/4-inch from the base of the crowns. Remove leaves.

When the water comes to a boil, add stems and leaves. When the water returns to a rolling boil, using a large slotted spoon or heatproof strainer to remove the greens; set aside to cool.

Repeat with the crowns; remove from the water and reserve.

In blender container, combine the cooled broccoli rabe stems and leaves, olive oil, grated cheese, garlic clove, and chili flakes. Blend until well combined.



To Prepare Pasta

Ingredient Prep

1 box cavatelli

1 Tbs. extra virgin olive oil

1 lb. sausage,
casings removed

1/2 cup white wine

Cooked and reserved
broccoli rabe crowns

2 roasted peppers, thinly
sliced (about 3/4 cup)

3 cloves garlic, peeled
and thinly sliced

2 Tbs. unsalted butter

Broccoli rabe pesto

Grated Parmigiano Reggiano,
for serving



Bring a large pot or deep skillet of well salted water to a boil. Add pasta and when water returns to a boil, carefully remove and reserve about 2 tablespoons pasta water. Boil pasta 8 minutes; drain.

Meanwhile, in separate large pot over medium-high heat, warm olive oil. When hot, add sausage; break up using a wooden spoon. Cook 5 minutes, or until golden brown, stirring occasionally.

Add wine; scrape the browned bits from the bottom of the pot, while allowing the wine to reduce. Add reserved blanched broccoli rabe, sliced roasted peppers, sliced garlic, and butter; stir to combine. Reduce heat to low. Add cooked pasta; remove pan from heat.

Add pesto, along with 1 or 2 tablespoons reserved pasta water, to create your desired sauce consistency. Before serving, top with additional grated Parmigiano Reggiano.

