



## Frascatelli with Pecorino and Mustard Greens

READY IN



30 min.

SERVINGS



4

CALORIES



440 kcal

SIDE DISH

### Ingredients

- ☐ 4 servings pepper black freshly ground
- ☐ 4 servings kosher salt
- ☐ 6 ounces mustard greens ( 6 cups)
- ☐ 0.3 cup pecorino grated
- ☐ 2 cups semolina flour (pasta flour)
- ☐ 0.3 cup butter unsalted ()

### Equipment

- ☐ bowl

- ☐ frying pan
- ☐ baking sheet
- ☐ pot
- ☐ sieve
- ☐ baking pan
- ☐ slotted spoon

## Directions

- ☐ Spread semolina flour in an even layer in an 8x8x2" baking dish. Fill a small bowl with 1 cup water and set next to dish. Working in 4–5 batches, gather your fingertips and thumb of 1 hand together and, working quickly, dip into bowl of water, lift hand from bowl, and splatter water over semolina. Repeat several times until surface of semolina is dotted with ragged wet patches about the size of a nickel.
- ☐ Let stand until water is absorbed, forming individual dumplings, about 5 seconds. Using a fish spatula or slotted spoon, turn dumplings over to coat with semolina, then transfer to a sieve. Shake gently over same baking dish to remove excess semolina; transfer dumplings to a large rimmed baking sheet. Repeat with remaining semolina and water until all of the water or all of the semolina has been used (there may be some water or semolina left over).
- ☐ Working in 3–4 batches, cook dumplings in a large pot of slowly boiling salted water (if the water is boiling too rapidly, it may break up the dumplings), gently swirling water once or twice to prevent sticking, until al dente, about 30 seconds. Using a slotted spoon, transfer fra catelli to another large rimmed baking sheet.
- ☐ Heat butter in a large skillet over medium–high heat until butter is foamy and browned bits form on the bottom of pan, about 2 minutes.
- ☐ Add cooked fra catelli and toss gently to coat.
- ☐ Add mustard greens and fold gently just to coat and slightly wilt the greens. Season to taste with salt and pepper and divide among bowls. Top fra catelli with grated Pecorino.
- ☐ Per serving: 450 calories, 14 g fat, 4 g fiber
- ☐ Bon Appétit

## Nutrition Facts



 PROTEIN **12.77%**  FAT **29.29%**  CARBS **57.94%**

Properties

Glycemic Index:36.25, Glycemic Load:31.54, Inflammation Score:-9, Nutrition Score:25.624347780062%

Flavonoids

Isorhamnetin: 6.89mg, Isorhamnetin: 6.89mg, Isorhamnetin: 6.89mg, Isorhamnetin: 6.89mg Kaempferol: 16.29mg, Kaempferol: 16.29mg, Kaempferol: 16.29mg, Kaempferol: 16.29mg Quercetin: 3.74mg, Quercetin: 3.74mg, Quercetin: 3.74mg, Quercetin: 3.74mg

Nutrients (% of daily need)

Calories: 440.04kcal (22%), Fat: 14.26g (21.93%), Saturated Fat: 8.49g (53.06%), Carbohydrates: 63.46g (21.15%), Net Carbohydrates: 58.8g (21.38%), Sugar: 0.62g (0.68%), Cholesterol: 37mg (12.33%), Sodium: 279.72mg (12.16%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.99g (27.97%), Selenium: 76.53µg (109.33%), Vitamin K: 111.01µg (105.72%), Vitamin B1: 0.72mg (47.89%), Folate: 159.7µg (39.93%), Vitamin C: 29.77mg (36.08%), Vitamin A: 1666.96IU (33.34%), Vitamin B2: 0.55mg (32.62%), Vitamin B3: 5.38mg (26.92%), Manganese: 0.54mg (26.75%), Iron: 4.42mg (24.57%), Phosphorus: 189.97mg (19%), Fiber: 4.66g (18.65%), Magnesium: 56.11mg (14.03%), Calcium: 133.65mg (13.37%), Copper: 0.23mg (11.73%), Vitamin E: 1.42mg (9.45%), Potassium: 329.68mg (9.42%), Vitamin B6: 0.17mg (8.45%), Zinc: 1.16mg (7.76%), Vitamin B5: 0.62mg (6.2%), Vitamin D: 0.24µg (1.63%), Vitamin B12: 0.09µg (1.57%)