



Groovy Default Pasta with Braised Radicchio and Caramelized Onion

READY IN



45 min.

SERVINGS



4

CALORIES



603 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 teaspoon thyme leaves fresh
- ☐ 2 clove garlic minced peeled
- ☐ 1 teaspoon granulated sugar
- ☐ 0.5 teaspoon kosher salt as needed plus more for seasoning and pasta water.
- ☐ 2 tablespoon olive oil divided
- ☐ 0.3 cup parmesan cheese as needed grated plus more
- ☐ 1 pound soup noodles dried
- ☐ 4 servings pepper as need black freshly ground to taste

- ☐ 1 pinch pepper flakes or red crushed to taste
- ☐ 2 teaspoon red wine vinegar divided
- ☐ 3 tablespoon butter unsalted divided
- ☐ 4 servings vegetable stock as needed
- ☐ 2 tablespoon water divided

Equipment

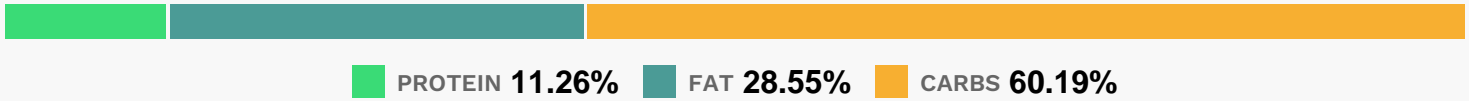
- ☐ bowl
- ☐ frying pan
- ☐ pot

Directions

- ☐ Melt 1 tablespoon butter with 1 tablespoon oil in a large skillet set over medium heat. Once the foam subsides add onions, 1 teaspoon thyme and ½ teaspoon salt. Cook, stirring often until onions are softened somewhat, about 6 minutes. Lower heat and continue to cook slowly, stirring occasionally until well caramelized and very soft, about 50 minutes more, depending on the water content of your onions.
- ☐ Add 1 teaspoon vinegar and 1 tablespoon water; stirring and scraping any brown bits from bottom of the pan until most of the liquid has evaporated, about 3 minutes. Repeat with another teaspoon vinegar and another tablespoon water. The onions should be a bit jammy. Season with salt and pepper.
- ☐ Transfer onions to a bowl; set aside. Bring a large pot of salted water to a boil for pasta. Meanwhile, using the same skillet as the onions melt 1 tablespoon butter with remaining 1 tablespoon oil over medium-high heat.
- ☐ Add the garlic and sauté until fragrant, about 1 minute.
- ☐ Place the quartered radicchio pieces into the skillet cut sides down. They should sizzle. Turn the radicchio to the other cut side and add enough vegetable stock to cover them about halfway.
- ☐ Add remaining butter, sugar, pepper flakes & a pinch of salt. Bring the water to a boil, then lower the heat to very low. Simmer about 15 minutes until the radicchio is tender and the sauce has been reduced to a syrupy glaze. If the radicchio seems done before the glaze is achieved gently remove them to a plate using a slotted spoon. Continue to cook the sauce until it has reduced to the desired consistency.

- ☐
- Pour the sauce over the radicchio; set aside lightly covered in a warm place.
- ☐
- Add the pasta to the pot of boiling salted water and cook until al dente, 8 to 10 minutes.
- ☐
- Drain the pasta, reserving about ½ cup of the cooking water.
- ☐
- Place the pasta in the warm serving bowl. Stir in the onions, Parmesan and enough of the reserved pasta water to get the onions to coat the pasta. Top the pasta with the radicchio, either in large pieces or roughly chopped, as you prefer. Finish with a sprinkling of Parmesan and a good grinding of black pepper.
- ☐
- Serve warm.
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Nutrition Facts



Properties

Glycemic Index:66.02, Glycemic Load:36.27, Inflammation Score:-8, Nutrition Score:15.06565219423%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 603.32kcal (30.17%), Fat: 19g (29.24%), Saturated Fat: 7.65g (47.8%), Carbohydrates: 90.16g (30.05%), Net Carbohydrates: 86.4g (31.42%), Sugar: 6.05g (6.72%), Cholesterol: 28.01mg (9.34%), Sodium: 1058.82mg (46.04%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.86g (33.73%), Selenium: 74.19µg (105.98%), Manganese: 1.09mg (54.68%), Phosphorus: 259.73mg (25.97%), Copper: 0.34mg (17.12%), Vitamin A: 848.86IU (16.98%), Magnesium: 64.06mg (16.02%), Fiber: 3.76g (15.06%), Zinc: 1.91mg (12.73%), Vitamin B3: 1.96mg (9.8%), Vitamin E: 1.42mg (9.47%), Vitamin B6: 0.19mg (9.38%), Iron: 1.68mg (9.35%), Calcium: 87.32mg (8.73%), Potassium: 278.84mg (7.97%), Vitamin B1: 0.11mg (7.18%), Vitamin B2: 0.1mg (5.75%), Folate: 21.4µg (5.35%), Vitamin B5: 0.53mg (5.33%), Vitamin K: 5.38µg (5.13%), Vitamin B12: 0.1µg (1.7%), Vitamin C: 1.28mg (1.55%), Vitamin D: 0.19µg (1.26%)