



WHATSheATE



Orecchiette with Creamy Broccolini & Rapini Sauce

READY IN



30 min.

SERVINGS



6

CALORIES



454 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.5 cup breadcrumbs fresh to taste
- ☐ 1 bunch broccolini trimmed
- ☐ 1 pinch cayenne pepper to taste
- ☐ 0.5 cup chicken broth
- ☐ 0.3 cup cup heavy whipping cream
- ☐ 3 clove garlic peeled thinly sliced
- ☐ 0.5 cup olive oil extra-virgin
- ☐ 1 pound orecchiette pasta dried

- ☐ 0.5 cup pecorino romano cheese freshly grated
- ☐ 1 bunch rapini trimmed
- ☐ 0.5 teaspoon sea salt plus more for pasta water
- ☐ 0.5 cup white wine

Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ pot
- ☐ blender
- ☐ colander

Directions

- ☐ Bring water to a depth of about ½ in to a boil in a steamer pan placed over medium-high heat. Arrange the broccolini on the steamer rack, place the rack in the pan, cover, and steam the broccolini for 4 to 5 minutes, or until bright green.
- ☐ Transfer the florets to a bowl and set aside. Check the water in the steamer pan, and add more as needed until it is ½ in deep. Bring to a boil, put the rapini on the steamer rack, cover, and steam for 4 to 5 minutes, or until the leaves and florets are wilted.
- ☐ Transfer to the bowl holding the broccoli. Warm ¼ cup of the olive oil and the garlic in a large sauté pan over medium heat. Cook, stirring occasionally, for 1 to 2 minutes, or until the garlic is fragrant but not browned.
- ☐ Add the broccolini and rapini and cook, stirring occasionally, for 12 to 15 minutes, or until the vegetables and garlic are very tender. Stir in the salt and cayenne pepper and raise the heat to medium-high.
- ☐ Pour in the wine and cook, stirring frequently, for about 2 minutes, or until some of the wine has evaporated.
- ☐ Remove from the heat and let the vegetables cool for about 10 minutes.
- ☐ Transfer the vegetables and their cooking liquid to a blender or food processor, add the remaining ¼ cup oil, and puree until smooth. Gradually add the broth, about ¼ cup at a time, and process until the puree is the consistency of a thick sauce. You should have about 3 cups

sauce.Return the sauce to the sauté pan and place over low heat. Stir in the cream and heat until warmed through. While the sauce is cooking, bring a large pot of water to a rolling boil and salt generously.

- ☐ Add the orecchiette and stir to separate, cook according to the manufacturer’s instructions until al dente.
- ☐ Drain the pasta in a colander set in the sink, reserving about 1 cup of the cooking water.
- ☐ Transfer the pasta to a warmed serving bowl and spoon about two-thirds of the sauce over it. Toss gently to combine the pasta and sauce thoroughly, adding a splash or two of the cooking water if necessary to loosen the sauce. Spoon the remaining sauce over the top and sprinkle with the cheese and breadcrumbs.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:29.67, Glycemic Load:23.01, Inflammation Score:-9, Nutrition Score:21.330434659253%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.88mg, Quercetin: 0.88mg, Quercetin: 0.88mg, Quercetin: 0.88mg

Nutrients (% of daily need)

Calories: 453.63kcal (22.68%), Fat: 11.28g (17.35%), Saturated Fat: 4.56g (28.48%), Carbohydrates: 67.7g (22.57%), Net Carbohydrates: 63.49g (23.09%), Sugar: 4.03g (4.48%), Cholesterol: 20.26mg (6.75%), Sodium: 267.86mg (11.65%), Alcohol: 2.06g (100%), Alcohol %: 1.14% (100%), Protein: 16.42g (32.84%), Vitamin K: 87.83µg (83.65%), Selenium: 52.24µg (74.63%), Manganese: 0.98mg (49.22%), Vitamin C: 34.15mg (41.39%), Vitamin A: 1675.44IU (33.51%), Phosphorus: 261.04mg (26.1%), Calcium: 193.61mg (19.36%), Fiber: 4.21g (16.85%), Vitamin B1: 0.23mg (15.29%), Iron: 2.65mg (14.74%), Magnesium: 58.94mg (14.73%), Folate: 55.74µg (13.94%), Copper: 0.27mg (13.46%), Vitamin B3: 2.43mg (12.15%), Zinc: 1.78mg (11.87%), Vitamin B2: 0.2mg (11.53%), Vitamin B6: 0.22mg (11.11%), Vitamin E: 1.34mg (8.96%), Potassium: 300.75mg (8.59%), Vitamin B5: 0.58mg (5.77%), Vitamin B12: 0.14µg (2.41%), Vitamin

D: 0.2μg (1.34%)