

Orecchiette with Italian Sausage and Broccoli Rabe

Yield: 6 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/orecchiette-italian-sausage-recipe>

Ingredients:

- 2 bunches broccoli rabe approximately 1½-2 pounds, trimmed and washed
- 1 pound orecchiette pasta 1 package, 454 grams
- 1 tablespoon olive oil extra virgin
- ½ pound italian sausage spicy or sweet, casings removed, crumbled
- 1 shallot french, finely chopped
- 6 garlic cloves roughly chopped
- ¼ teaspoon red pepper flakes or to taste
- ¼ cup white wine
- pasta water reserved
- ¼ cup parmigiano reggiano cheese grated
- ¼ cup Pecorino Romano cheese grated
- salt
- pepper
- grated cheese to garnish top, optional

Nutrition:

1. Calories: 530 calories
2. Carbohydrate: 65 grams
3. Cholesterol: 40 milligrams
4. Fat: 19 grams
5. Fiber: 4 grams
6. Protein: 22 grams
7. SaturatedFat: 7 grams
8. Sodium: 610 milligrams
9. Sugar: 3 grams

Thank you for visiting our website. Hope you enjoy Orecchiette with Italian Sausage and Broccoli Rabe above. You can see more 16 orecchiette italian sausage recipe Deliciousness awaits you! to get more great cooking ideas.