Sauteed Broccoli Rabe

Recipe courtesy Giada De Laurentiis

Recipe Summary

Difficulty: Easy
Prep Time: 10 minutes
Cook Time: 10 minutes
Yield: 4 to 6 servings
User Rating:

4 bunches (12 to 16 ounces each) broccoli rabe (rapini), stems trimmed
1/4 cup olive oil
3 garlic cloves, chopped
1/2 teaspoon dried crushed red pepper flakes
1/3 cup raisins
Salt
2 tablespoons pine nuts, toasted

Working in batches, cook the broccoli rabe in a large pot of boiling salted water until crisp tender, about 1 minute per bunch. Transfer the broccoli rabe to a large bowl of ice water to cool. Reserve about 1/4 cup of the cooking liquid. Strain the cooled broccoli rabe and set aside.

Heat the oil in a heavy large skillet over medium heat. Add the garlic and red pepper flakes, and saute until the garlic is golden, about 1 minute. Reduce heat to medium-low. Add the broccoli rabe and toss to coat. Add the reserved cooking water, the raisins, and cook until the broccoli rabe is heated through and the stems are tender, about 4 minutes. Season with salt, to taste. Just before serving, toss the mixture with the pine nuts.

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