

Sausage Orecchiette

Broccolini

Sausage broccolini Orecchiette

This classic Sausage Broccolini pasta recipe is made with orecchiette ‘little ear’ pasta. You can use different shapes of pasta in this recipe you can without changing the flavor much, but “little ears” is my family’s favorite.

Traditional the recipe uses broccolini rabi, the Italian broccoli, it tastes similar with more bite and bitterness.

If broccoli is all you have then use broccoli, but this might be one of those recipes where you make a trip to Trader Joe’s and buy broccolini rabi.

This recipe is quick, easy and like most of my recipes customizable to fit your lifestyle and diet, it can be on your table in 30 minutes and become one of your family’s favorite too.

Customize Sausage Broccolini Orecchiette

This Sausage Broccolini orecchiette Pasta recipe works well with chicken and shrimp too.

If you use shrimp saute them 3 minutes per side then remove them from the pan to prevent overcooking, adding them back in at the end just to heat through.

And of course you can use regular broccoli or spinach if

that's what fits your taste .

If you keep following along pretty soon you wouldn't be looking at recipes as often, you'll be able to add and subtract ingredients to fit your lifestyle and taste.

Whatever ingredients you use keep it simple and fresh, and remember when sauteing large quantities the saute pan needs to be deep enough to hold the ingredients. one pan of this size is all you need. This is the one pan I use from Amazon , it's the perfect size for one pan cooking and not too expensive.

One more good thing about this recipe, it stay's fresh in the fridge for 2 to 3 days, for quick meal reheats and it's freezer friendly for ready made meals.

Let me know if you made this recipe. Please leave me a comment and don't forget to tag me on Instagram, I love hearing from you !!!!

Ingredients

- 1/2 lbs. orecchiette pasta
- 1 bunch broccoli rabi
- 1 Lb. spicy Italian sausage casings removed
- 1 cup chicken stock
- 2 cups reserved pasta water
- 2 Tbs. chopped garlic
- 1/2 cup chopped shallots
- 1 cup parmesan
- 1 Tbs. each chopped Italian parsley, and hot pepper flakes
- 2 Tbs. olive oil
- salt and pepper to taste

Instruction

1. Clean the broccolini removing the tough outer leaves and

lower stems

2. Cook the orecchiette in boiling salted water *al dente*. Add the broccolini the last five minutes. reserve 2 cups of the water before draining
3. In a large saute pan over medium high heat add the olive oil
4. Cook the sausage until golden brown breaking up the pieces as you go
5. Add the shallots , garlic and red pepper flakes saute until tender and beginning to brown.
6. Add chicken stock, reserved pasta water and herbs
7. Simmer 10 minutes
8. Toss the cooked orecchiette and broccolini in sauce
9. Adjust salt and pepper
10. Top with parmesan..... Enjoy!!!