

Sausage Orecchiette

Broccolini

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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
- I 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!!!
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Creamy Chicken Broccoli and spinach pasta

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Looking for a quick and easy pasta dinner? This Creamy Chicken Broccoli and Spinach Pasta is your answer!

Ready in under 30 minutes, it's the perfect weeknight meal when you're short on time but craving something comforting and full of Italian flavor. Tender chicken, crisp-tender broccoli, fresh spinach, and a touch of tomato come together in a light garlic cream sauce that tastes like it came from your favorite

Italian restaurant. This easy pasta recipe is sure to become a go-to family favorite!

Things to know about this Creamy Chicken Broccoli and spinach Fettuccini

One: when your cooking the chicken for this Creamy Chicken Broccoli Fettuccini don't overcook it, and be sure the saute pan is big enough to brown the chicken . Okay I know that was two. Next, always under cook the pasta just a bit this allows for the reheat. And finally always save some pasta water, this step is easily missed. And let me tell you, the pasta water with all it's starch is a magical ingredient that thickens the sauce and adds more flavor. I always save more than I need just in case.

Get in the habit of always saving some of the pasta water if your boiling pasta!!

Oh one more thing be sure to deglaze the saute pan. That's another important step, there's a lot of flavor in the bottom of the saute pan be sure to scrape all those brown bits up using a large spoon

If you make this recipe please leave me a comment and please don't forget to tag me on Instagram. Hearing from you is my favorite part!!!

Ingredients

- 1/2 lb. fettuccini
- 2 boneless skinless chicken breast cut in medium chunks
- 1 lb. broccoli flowerets
- 2 cups diced tomatoes
- 2 cups chopped spinach

- 2 Tablespoons each butter and extra virgin olive oil
- 1/2 cup chopped onion
- 1 Tablespoon minced garlic
- 2 Tablespoons chopped Italian parsley
- 1/2 cup white wine
- 1 cup reserved pasta water
- 1 cup chicken stock
- 1 cup heavy cream
- 1 cup parmesan
- Salt and pepper to taste

Instructions

1. Cook the pasta according to package directions adding the broccoli the last 3 minutes. And reserve two cups of the pasta water before draining
2. Salt and pepper chicken chunks
3. In a large saute pan cook over medium high heat in the olive oil and butter cook the Chicken until golden brown and cooked through about 5-7 minutes remove and set aside
4. In the same pan add the tomatoes, garlic and onion cook until the tomatoes burst and the garlic and onion are tender and just beginning to brown
5. Deglaze the pan with white wine scraping up all the brown bits at the bottom simmer a few minutes
6. Add the chicken stock, cream, and reserved pasta water simmer 10 minutes or until sauce thickens. then add in the parmesan cheese
7. Return the chicken to the pan add the chopped spinach, broccoli and drained fettuccini cook for 1-2 minutes to combine the flavors and the spinach is wilted
8. Sprinkle with Italian parsley and additional parmesan cheese. ENJOY!!!

Pesto Broccoli Gnocchi

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This Pesto, Broccoli , gnocchi, dinner , is as Irish as am going to get on this Saint Patrick's Day.

I am 100% Italian my husband is Irish, so I do cook corn beef and cabbage once a year, even though he could take it, or leave it.

Well this year, we are going to leave it, since I can't get to the store with the Corona virus, and if I could the shelves are bare. That's all am going to say about the times were living in.

This Pesto, broccoli, gnocchi recipe was inspired by me wanting to celebrate Saint Patrick's Day even if it wasn't traditional, with ingredients I had on hand

So here it is pesto, broccoli, gnocchi recipe that is easy and so quick it can be on your table in 30 minutes, made in one pan and your family and friends will love it.

It's so easy it makes a great week night meal with family. Make it in a stove to table skillet and you have an easy gnocchi dinner, just fancy enough for Saturday night dinner with friends.

What Are Gnocchi

Gnocchi is an Italian pasta, think small Italian dumplings. The most common is classic potato, the flavor I used in this

Pesto broccoli gnocchi recipe,

Homemade are made of cooked mashed potatoes, flour and eggs. Some gnocchi recipes add ricotta to the dough. You can find these same flavors in store bought gnocchi.

Growing up, and in later years at the restaurants I watched my Mama make gnocchi, on a floured board using both hands, her skills never ceased to amaze me.

I was never as masterful as my Mama, but in the restaurants before the prep cooks and after my Mama passed, I make thousands of gnocchi, although I never learned how to use two hands.

Lucky for the home cook, in this pesto, broccoli, gnocchi recipe you don't have to make homemade gnocchi. You can use store bought shelf or refrigerated gnocchi.

There are some good brands out there, experiment with different brands and flavors to find what fits your lifestyle and taste. I like, wait NO, I love one pan cooking, homemade

gnocchi don't work as well for one pan cooking, you could up with mashed potatoes instead of little dumplings. In this pesto broccoli recipe I used classic refrigerated potato gnocchi.

Gnocchi cook quickly add them to the sauce the last 5 minutes of cooking, if at this point the sauce is too thick add a little chicken stock, if too liquid add 1 tablespoon of butter coated with butter.

When you make this recipe please leave me a comment and don't forget to tag me on Instagram, that's my favorite part!!!!

Ingredients

- 8 oz. store bought potato gnocchi

- 1 lbs. broccoli florets
- 1 cup chopped pancetta
- 1 cup prepared pesto sauce store bought or homemade
- 1 chopped onion
- 3 tablespoons chopped garlic
- 2 cups chicken stock
- 1 cup parmesan cheese
- 2 tablespoons each chopped Italian parsley, basil and thyme
- 3 tablespoons butter
- salt and pepper to taste

Instructions

1. In a large saute pan with the butter render the pancetta until crisp
2. Don't drain the pancetta fat
3. Add the chopped onion and garlic saute until limp
4. Add the broccoli and chicken stock simmer covered 5 minutes
5. Add the gnocchi simmer 5 minutes longer
6. Add the parmesan cheese and herbs....ENJOY!!!