



[www.asfm.org.au](http://www.asfm.org.au)

## Demo Kitchen Recipe – Hilton 27 February 2011

### Orecchiette con Broccoli Rabe

#### Ingredients

500g orecchiette, (little ear shaped pastas) cooked al dente  
2 bunches of broccolini  
2tbs extra-virgin olive oil  
2 cloves garlic finely chopped  
1tbs fresh red chillies  
1/2 cup freshly grated Parmigiano-Reggiano  
Salt  
Black pepper

#### Method

Place a pot of water on the stove to bring to a boil for pasta. Cover pot to bring water to a boil. Salt the water to season it and add pasta. Cook to al dente, check package for times.

Trim ends off broccolini and chop up coarsely. This can be added to boiling pasta 1 minute before taking off heat and straining. Meanwhile in a pan add oil and sauté garlic and chilli without colouring. Drain pasta and broccolini, reserving some pasta water. Toss into pan with some reserved water until all coated and water and oil emulsifies. Season to taste.

Serve immediately.