



Chicken Sausage & Broccoli Rabe Pasta

with Toasted Pine Nuts



20-30min



2 Servings

It's hard to believe this comforting bowl of pasta has so much going on in such a short time. Hearty broccoli rabe cooks along with cavatappi, a spiral-shaped pasta, before we toss in sweet Italian chicken sausage and a touch of fish sauce, which gives the dish a hint of salty umami flavors. Parmesan and lemon zest cap it off along with toasted pine nuts for this complex—but speedy—weeknight pasta.

What we send

- ½ lb broccoli rabe
- garlic
- 1 lemon
- ¾ oz Parmesan ⁷
- 6 oz pasta ¹
- ½ oz pine nuts ¹⁵
- ½ lb uncased Italian chicken sausage
- 1 pkt crushed red pepper
- ½ oz fish sauce ⁴

What you need

- kosher salt & ground pepper
- olive oil

Tools

- large saucepan
- microplane or grater
- colander
- medium skillet

Allergens

Wheat (1), Fish (4), Milk (7), Tree Nuts (15). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 800kcal, Fat 35g, Carbs 77g, Protein 47g



1. Prep ingredients

Bring a large saucepan of **salted water** to a boil. Trim ends from **broccoli rabe**; cut crosswise into 1-inch pieces. Finely chop **1 tablespoon garlic**. Finely grate **zest of half the lemon**; halve lemon crosswise. Finely grate **Parmesan**.



4. Toss pasta

Stir **sausage**; add **garlic** and **crushed red pepper** to skillet (use less, if desired). Cook until sausage is cooked through and garlic is aromatic, about 1 minute. Add **pasta, broccoli rabe, fish sauce**, and **½ cup cooking water** to skillet. Cook over high heat, stirring and tossing rapidly, until pasta is al dente and sauce is thickened and coats noodles, 2-3 minutes.



2. Cook pasta & broccoli

Add **pasta** to boiling water. Cook, stirring occasionally to prevent sticking, 9 minutes. Add **broccoli rabe** to boiling water and cook until broccoli rabe is crisp-tender and pasta is just shy of al dente, 2-3 minutes. Reserve **1 cup cooking water**; drain pasta and broccoli rabe.



5. Finish

Add **lemon zest**, **1 teaspoon lemon juice**, and **¾ of the Parmesan** to **pasta**; stir rapidly until incorporated and sauce is glossy (loosen with additional cooking water, if necessary). Season to taste with **salt** and **pepper**. Divide **pasta** between bowls, sprinkle **pine nuts** and **remaining Parmesan** over top, and drizzle with **oil**, if desired.



3. Toast nuts & cook sausage

Meanwhile, toast **pine nuts** in a medium skillet over medium-high heat, stirring frequently, until browned in spots, 2-4 minutes; transfer to a plate.

In same skillet over medium-high, heat **2 tablespoons oil**. Pinch **sausage** into ¾-inch pieces and add to skillet in a single layer. Cook, without stirring, until golden brown on the bottom, 2-3 minutes.



6. Serve

Enjoy!