

Pugliese Orecchiette with Broccolini, Sausage and Roasted Grape Tomatoes

Phillis Carey, cooking instructor, Dec. 2022



Orecchiette
with Broccolini,
Sausage and
Grape Tomatoes

- 16 ounces grape tomatoes
- 3 cloves garlic, minced (divided use)
- 1 pinch red pepper flakes
- 3 tablespoons olive oil (divided use)
- Salt and pepper to taste
- 1 pound Italian sausage, casings removed
- 8 ounces orecchiette pasta
- 8 ounces broccolini, chopped into 1/2" pieces, or use spinach
- 1 1/2 cups Parmigiano-Reggiano cheese, grated fresh
- 1 whole lemon, zest and juice
- 1/2 cup ricotta cheese, whole milk type

*Per Serving (excluding unknown items): 856
Calories; 51g Fat (54.4% calories from fat);
48g Protein; 49g Carbohydrate; 4g Dietary
Fiber; 123mg Cholesterol; 1395mg Sodium;
6g Total Sugars; trace Vitamin D; 949mg
Calcium; 4mg Iron; 794mg Potassium;
787mg Phosphorus. Exchanges: .*

Carolyn T's Blog: tastingspoons.com

Servings: 5

1. Preheat oven to 400°F. Toss grape tomatoes with 1 clove garlic, a pinch of red pepper flakes, 2 T olive oil and 1/2 tsp salt. Spread in pie plate and roast for 20-25 minutes, or until tomatoes are blistered and they release some of their juices; set aside.
2. Bring a pot of water to a boil; add a generous amount of salt. Add orecchiette and cook to al dente (take 3 minutes of time off the time listed on the box). Reserve 1/2 cup of the pasta water, then drain.
3. Heat a large skillet over medium-high heat. Add remaining 1 T olive oil, and sausage; cook, breaking up until meat is brown, about 7 minutes. Use a slotted spoon to transfer sausage to a plate, keeping the fat in the skillet. Add remaining 2 cloves garlic and cook for 30 seconds. Add broccolini and cook until crisp-tender, about 7 minutes. Reduce the heat to medium low.
4. Add pasta and sausage to skillet along with grated cheese, lemon zest and juice and a general few turns of black pepper. Stir in a few tablespoons of the pasta water if needed. Toss in the roasted tomatoes, taste and adjust seasoning as needed. Serve with a dollop of ricotta cheese on top and sprinkle with more grated Parm. Serve warm.