



Rapini & Garlic Side Dish

You can always count on rapini being served as a side dish when my family gets together for a meal to celebrate a special occasion. Despite its bitter taste, it tends to be a favourite for many southern Italian households.



Serving
4



Prep
20 Minutes



Cook
20 Minutes



Contributer
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- 1 bunch Rapini (broccoli rabe)
- ¼ cup Extra virgin olive oil
- 5 cloves Garlic, thinly sliced
- ½ tsp Salt
- ½ tsp Ground black pepper or chili flakes (optional)
- ½ lemon Juice from lemon (optional)

DIETITIAN'S MESSAGE

This rapini side dish can be added to a pasta for a quick, easy, vegetarian weekday meal. Add crushed, roasted walnuts or crumbled soft tofu for protein.

1. Cut and discard the ends of the rapini bunch. Then soak rapini in a sink or large bowl full of cold water.
2. While rapini is soaking, fill a quarter of a large pot with water, if using a steamer insert. Otherwise, fill the pot with enough water to boil the rapini. Using high heat, allow the water to come to a boil. Steam or boil the rapini, a few branches at a time.

Note: Rapini is cooked when the centre of the stem becomes translucent.

Remove from the steam or boiling water and set aside in a casserole dish to cool.

Once rapini has cooled down a little, using kitchen scissors, cut each branch of rapini in half or in 3 pieces for longer branches.

3. Peel and crush the garlic cloves. Remove the hard end and thinly slice the garlic. Set aside.
4. Place extra virgin olive oil in a small frying pan on the stovetop and set at low to medium heat. When oil is warm, add the sliced garlic until slightly golden.
5. Pour the garlic-oil mixture over top the rapini until coated. Add salt and pepper/chili flakes, if using. Once rapini, garlic and olive oil are combined, add lemon juice, if desired. Can be served hot or cold.

Variation

Don't like rapini? This simple, yet flavourful side dish can be made with almost any green, leafy vegetable such as, Swiss chard, broccoli, Gai Lan (Chinese broccoli) or kale. Option to add minced fresh ginger.



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