

PASTA WITH CHICKPEAS AND RABE BROCCOLI

PASTA CON CECI E CIME DI RAPA RECIPE

Makes: 3 to 4 servings

Cook Time: 30 minutes

For this recipe, you will need:

- Salt
- 3 tablespoons (45 ml) extra-virgin olive oil, plus extra for topping
- 1 clove garlic, peeled
- 1 dry chili pepper, chopped (optional)
- 14 ounces (400 g) cooked chickpeas (see above)
- ¼ cup (60 ml) tomato puree
- 7 ounces (200 g) candele pasta
- 10.5 ounces (300 g) broccoli rabe

Put a large pot of water on to boil and salt it generously. While the water comes up to temperature, heat the olive oil, garlic and chili pepper in a large pan over medium heat.

When the garlic starts to sizzle, add the chickpeas and just enough of the chickpea cooking water to cover the bottom of the pan. Stir in the tomato puree, remove and discard the garlic clove, and bring the sauce to a gentle simmer. Salt the sauce to taste.

Let the sauce cook over low heat while you boil the broccoli rabe, adding a little bit of hot water from the pot as needed if the liquid in the pan evaporates.

Place the broccoli rabe in the boiling water. Cook for 8 to 10 minutes, until the thickest parts of the stem are tender. Remove the broccoli rabe with tongs or a slotted ladle and add into the pan with the chickpea sauce. Keep the pot of water boiling, you'll use it to cook the pasta.

Using a pair of kitchen shears, cut the broccoli rabe directly in the pan into bite-size pieces. Let the sauce continue to simmer while you cook the pasta. Ladle a little more hot water from the pot into the pan as needed to maintain a simmer.

Break the candele pasta into pieces, about 4 inches (10 cm) long. Do so over a kitchen towel so that you don't lose any small pieces that might break off. Using the towel, pour the broken pasta into the pot of water and cook for 3 minutes less than the recommended "al dente" cook time as written on the pasta package.

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Reserve a large cup of pasta water, then drain the cooked pasta through a colander and return it to the pot. Add the chickpea sauce into the pasta and stir all together over medium/high heat. Add enough reserved pasta water to retain some moisture in the pot so that the pasta can continue to cook.

When the pasta is al dente to your taste and the broccoli rabe has largely dissolved into a creamy sauce, turn up the heat to high and keep stirring until the excess moisture has thickened. Serve immediately, topped with a drizzle of olive oil.

Buon appetito!