



Orecchiette with Broccoli Rape

Method

- 1** Wash broccoli rape or broccoli. Remove largest leaves and keep only smaller, softer buds.
- 2** Heat up extra virgin olive oil in a frying pan and add garlic and coarsely chopped anchovies. Cook until well blended.
- 3** Cook broccoli rape in boiling water for 10 minutes. Add the Meliora orecchiette, add salt and cook until ready. Drain everything, keeping two tablespoons of the cooking water.
- 4** Sautè everything in the pan with oil, anchovies and garlic for a few minutes. If necessary, add the cooking water previously stored and mix well. Serve with a few drops of extra virgin olive oil.

Ingredients for four people:

- 11.3 oz Orecchiette Meliora
- 2 LB broccoli rape
- Extra virgin olive oil
- 2 cloves of garlic
- 1 fresh chilli
- 2-3 anchovies or salted anchovies

MELIORA
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