ROASTED BROCCOLI RABE, PECORINO, LEMON & EGG



My go to for a quick and easy light meal, or omit the egg for a side

dish with pork, chicken or a nice piece of fish. Seasoning the rabe ahead of time helps to draw out moisture, allowing it to steam and char at the same time. What you end up with is rabe that is crispy and tender but not charred all the way through. For the pecorino, I prefer Pecorino toscano, it is a little softer and not quite as salty as pecorino romano.

INGREDIENTS

- 1 bunch broccoli rabe
- 1 teaspoon salt
- 3 Tablespoon olive oil
- 1 garlic clove minced
- 1 pinch chili flake
- 1 lemon zest and juice
- 1/4 cup pecorino- freshly grated
- 4 eggs -
- 4 slices crusty bread (optional)



Prep Time: 15 minutes Cook Time: 10 minutes Total Time: 25 minutes

DIRECTIONS

- 1. Clean up the broccoli rabe, the stems should be thinner than a pencil. Split the stems that are thick down the middle. Lay the rabe out flat on a tray and season with salt and 1 Tablespoon olive oil. Massage the olive oil and salt into the stems and leaves then let sit for 15 minutes or so.
- 2. Put a heavy bottomed saute pan on high heat and add I Tablespoon olive oil. Get the oil nice and hot and add the broccoli rabe in one even layer. Let it sit in the pan for a couple of minutes undisturbed, then give it all a flip together (you want to let it get some color but not completely charred). Shimmy it slightly over to one side, add the last Tablespoon of olive oil, the garlic and chili flake, give it a quick second to get toasty, then give it all a quick toss and remove from the pan.
- 3. Now cook the eggs to your liking. Over easy, sunny-side up, fried medium, poached, any which way will do.
- 4. Place the broccoli on a plate, add the lemon zest and a little tiny bit of lemon juice, top with the egg and the fresh pecorino.
- 5. Enjoy with some nice crusty sourdough.