

Lemon Garlic Rapini | Broccoli Rabe

Swick

Serves 1 | Active Time: 10 minutes | Total Time: 15 minutes

Chef's Notes

Rapini adds beautiful color and texture to many dishes, whether you steam, braise or sauté it.

Steaming the Rapini

Wash the rapini. Peel the stems and discard any bad leaves.

Emince the garlic. Heat a large frying pan that has a lid over medium-high heat and add the water, salt, pepper, sugar, butter and garlic together.

*Note: For plant-based, use a non-dairy butter such as Earth Balance.

Once the water just begins to boil and the butter has melted, add rapini and cover. Let steam for about 2 minutes. Toss the rapini to fully coat it with the butter and garlic. Replace the lid and let steam for another 2 to 3 minutes.

Once the rapini has just cooked through, squeeze the lemon into the pan and toss one final time. Serve immediately.

Step 1: Steaming the Rapini

- 2 medium garlic cloves
- 1/4 cup water
- 1/2 tsp sea salt
- 1/8 tsp freshly ground black pepper
- 1/8 tsp sugar
- 1 tbsp butter* (or oil)
- 2 bunches rapini (broccoli rabe)
- 1 tsp fresh lemon juice