

ANDY BOY

BROCCOLI RABE

With tender leaves and crisp florets, this bold veggie is not only extremely robust, but a powerful superfood.



PROTECTS YOUR EYESIGHT

Contains lutein, an antioxidant that protects the retinas in your eyes from damaging free radicals



IMPROVES DIGESTION

Contains 2 grams of fiber (insoluble & soluble) per cup



SUPPORTS HEART HEALTH

Contains strong anti-inflammatory nutrients, such as folate and vitamin C



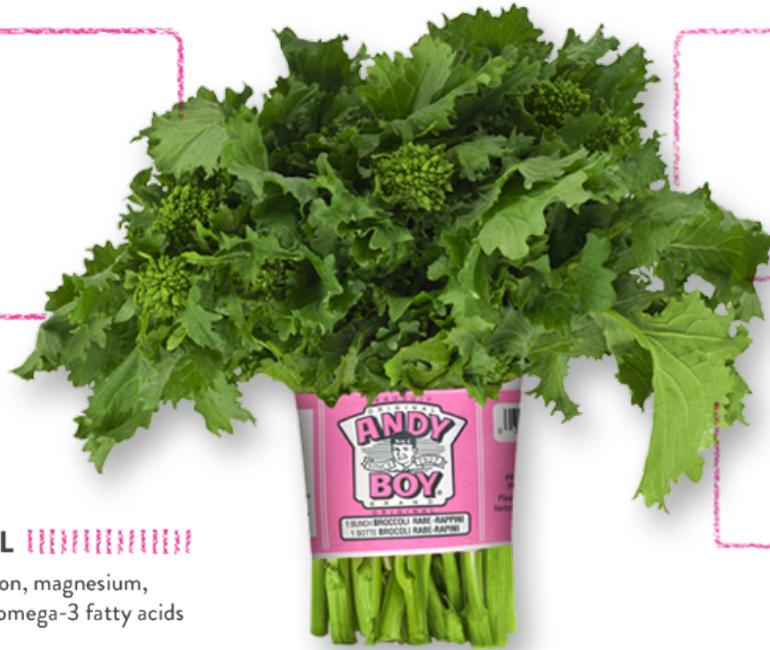
STRENGTHENS BONES

½ cup has over 100% of your daily recommended intake of vitamin K



DETOXES

Contains sulfur which helps detoxify the liver



ALL IN ALL

Vitamins A, B, C, K, calcium, iron, magnesium, potassium, zinc and even some omega-3 fatty acids

— make it a —
Flavor Adventure

#EATBROCCOLIRABE



Turn over for broccoli rabe cooking techniques.



Blanch

Steam

Sautéée

Grill

Roast

Purée



D'ARRIGO
CALIFORNIA

Andy Boy Broccoli Rabe Cooking Techniques



How to Trim and Wash 1 Bunch of Broccoli Rabe

1. Trim off any discolored tips from the bottom.
2. Use a paring knife to peel the skin off the thicker stems.
3. Wash the broccoli rabe in abundant cold water.



How to Blanch 1 Bunch of Broccoli Rabe

1. Fill a pot with enough water to cover the broccoli rabe and bring to a rolling boil.
2. Trim and wash broccoli rabe.
3. Add kosher salt to the boiling water. To keep broccoli rabe's characteristic mustardy kick, blanch the broccoli rabe for no more than ten seconds; drain at once, plunge into ice water to arrest cooking; drain again.

COOK'S TIP: For a mellower flavor and tender texture, cook the broccoli rabe for 2-4 minutes, depending on your "kick" and "crunch" preference.



How to Steam 1 Bunch of Broccoli Rabe

1. Trim off the ends of the broccoli rabe. Sever all the leaves from the florets. Wash in abundant cold water.
2. Pour water into the bottom of a vegetable steamer to just below the bottom of the steamer insert.
3. Put the prepared broccoli rabe in the insert and cover.
4. Bring it to a boil over high heat.
5. Cook over high heat for 3 minutes. Transfer it to a plate and let any residual cooking water drain out.



How to Sauté 1 Bunch of Broccoli Rabe

1. Fill a pot with enough water to cover the broccoli rabe and bring to a rolling boil.
2. Meanwhile, trim off the very bottom of the stems of the broccoli rabe. Cut the stems into 2-inch pieces. Wash broccoli rabe in abundant cold water.
3. Add kosher salt to the boiling water, add the broccoli rabe. Cook for 2 - 3 minutes. Drain and set a little of the cooking water aside.
4. In a skillet, warm the olive oil over medium-low heat. Add the garlic, about 6 cloves, sliced. Sauté over medium heat until the garlic is nicely softened and golden, about 4 minutes; remove from heat and reserve.
5. Add the broccoli rabe to the skillet and toss. Cover and warm over low heat, about 3 minutes. If the broccoli rabe appears a little dry, add a little of the reserved cooking water. Toss again with the reserved garlic and serve hot.



How to Grill 1 Bunch of Broccoli Rabe

1. Blanch the broccoli rabe. Pat dry.
2. Coat with enough olive oil to cover every surface!
3. Arrange it carefully on the hot grill rack over medium heat.
4. Cover and cook until seared but not charred, 4-5 minutes; turn and brown on the reverse side for an additional 3-4 minutes.

COOK'S TIP: Because the broccoli rabe is already coated with olive oil, it needs no additional dressing, but if you like, serve with slices of fresh lemon and freshly ground black pepper.



How to Roast 1 Bunch of Broccoli Rabe

1. Preheat your oven to 425°F.
2. Meanwhile, trim off the very bottom of the stems of the broccoli rabe.
3. Add the broccoli rabe to a sheet tray and toss with the olive oil and a hefty pinch of salt and pepper. Toss very well to combine. Roast in the oven for 15-20 minutes or until the broccoli rabe is charred in parts and the stems are tender.



How to Purée 1 Bunch of Broccoli Rabe

1. Fill a pot with enough water to cover the broccoli rabe and bring to a rolling boil.
2. Meanwhile, trim off the ends of the broccoli rabe. Wash in abundant cold water.
3. Add the kosher salt to the boiling water and 3 tablespoons olive oil, followed by the broccoli rabe. Return the water to a boil and cook over high heat until the broccoli rabe is tender, 7-9 minutes. Drain well, pressing to remove excess liquid.
4. Transfer the broccoli rabe to a food processor and pulse to puree until the greens are smooth and creamy, about 30 seconds. If the puree is watery, drain out excess liquid. Serve hot or warm, drizzled with additional olive oil and salt to taste.

COOK'S TIP: Include 4-6 large cloves of garlic, smashed, or hot chili peppers to the cooking water with the broccoli rabe. If you like, use both.

For delicious and nutritious broccoli rabe recipes, visit www.andyboy.com