

# Lemon Garlic Rapini | Broccoli Rabe

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

*Swick*

## 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