



## Charred Vegetable Orecchiette

Embrace the anchovies! They melt into the background of dishes, adding depth of flavor (as well as protein and heart-healthy omega-3s) without a fishy taste—really.

By **Liz Mervosh**

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(Photo: Greg DuPree)



### Prep Time:

**Active:** 25 mins

**Total:** 25 mins

**Yield:** Serves 6

### Ingredients

- 1 (1 1/2 lb.) head cauliflower, cut into small florets (about 5 cups)
- 13 ounces fresh broccoli rabe (1 or 2 bunches), ends trimmed and coarsely chopped (about 5 cups)
- 1/4 cup, plus 1 Tbsp., olive oil
- 2 tablespoons thinly sliced garlic
- 7 drained canned anchovy fillets, finely chopped
- 1 teaspoon finely chopped fresh rosemary
- 12 ounces whole-wheat orecchiette pasta
- 1 1/2 teaspoon kosher salt
- 1/2 teaspoon coarsely ground pepper
- 2 teaspoon white wine vinegar
- 1/3 cup finely shredded pecorino Romano cheese



## Preparation

Preheat oven to broil with rack 10 inches from heat source. Toss together cauliflower, broccoli rabe, and 1 tablespoon oil on a large rimmed baking sheet; spread mixture in an even layer. Broil, stirring once halfway through cook time, until lightly charred and just tender, about 10 minutes.

Meanwhile, heat remaining 1/4 cup oil in a large Dutch oven or wide pot over medium, and cook garlic, anchovies, and rosemary, stirring often, until garlic is beginning to brown, about 5 minutes. Remove from heat.

Cook pasta according to package directions for al dente, omitting salt. Drain pasta, reserving 1 cup cooking water.

Return Dutch oven to heat over medium-high. Add cauliflower mixture, salt, pepper, pasta, and reserved cooking water. Cook, stirring mixture and shaking pot constantly, until a light glossy sauce forms and coats noodles, about 4 minutes. Stir in vinegar.

Divide pasta mixture evenly among 6 shallow bowls; sprinkle with cheese. Serve immediately.

## Nutritional Information:

Calories per serving:	361
Fat per serving:	14%
Sugar:	2g
Saturated fat per serving:	3g
Protein per serving:	14g
Carbohydrates per serving:	50g
Fiber per serving:	8g
Cholesterol per serving:	8mg
Iron per serving:	4mg



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Sodium per serving: 792mg

Calcium per serving: 157mg

## Good to Know

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Thanks to the whole-wheat pasta and cruciferous veggies, this meal is high in fiber, too.

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