

Broccoli Rabe with Sesame and Soy



4 Ratings

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Splashes of soy sauce, rice wine vinegar, and sesame oil heighten the flavor of this Broccoli Rabe with Sesame and Soy side dish.



By **Laraine Perri**

Recipe by [Cooking Light](#) December 2012



CREDIT: JOHNNY AUTRY; STYLING: MISSIE NEVILLE CRAWFORD



Yield: Serves 4 (serving size: about 2/3 cup)


[Nutrition Info](#)

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Ingredients

- 1 pound broccoli rabe (rapini)
- 2 teaspoons peanut oil
- 1/8 teaspoon crushed red pepper
- 3 garlic cloves, minced
- 1/4 teaspoon kosher salt
- 1/4 teaspoon freshly ground black pepper
- 1 tablespoon lower-sodium soy sauce
- 1 teaspoon rice wine vinegar
- 1/2 teaspoon sugar

- ½ teaspoon toasted sesame oil
- 1 teaspoon toasted sesame seeds


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Directions

✓ Step 1

Bring 8 cups of water to a boil in a large saucepan. Cook broccoli rabe in boiling water 2 minutes; drain.

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✓ Step 2

Heat a large nonstick skillet over medium heat. Add peanut oil to pan; swirl to coat. Add crushed red pepper and garlic to pan; cook 30 seconds,

stirring occasionally. Add broccoli rabe to pan; cook 2 minutes. Stir in salt and black pepper.

✓ **Step 3**

Gently toss sautéed rabe in soy sauce, rice wine vinegar, sugar, and sesame oil. Sprinkle with sesame seeds.



Nutrition Facts

Per Serving: 71 calories; fat 3.2g; saturated fat 0.5g; sodium 251mg.

PAID CONTENT

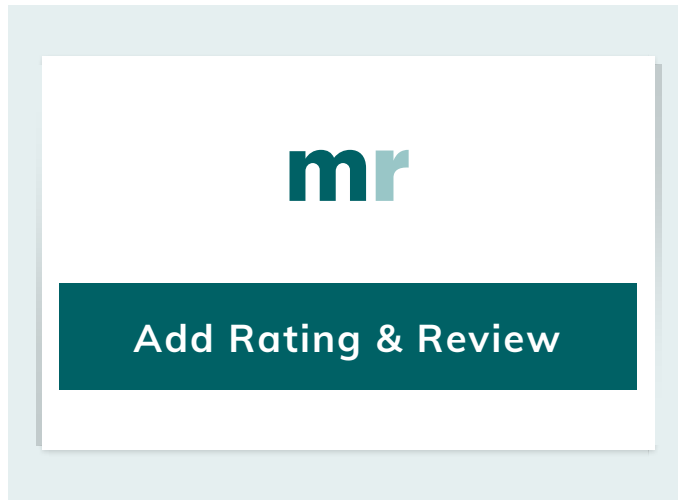


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Reviews (4)



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mr violahenny

★★☆☆☆ 05/19/2018

This recipe was delicious. I didn't use rabe since my local convenience store only carries canned peas. I also didn't have sesame oil so used velveeta cheese. We ate it over a week-old box of Kraft mac n'cheese and it was amazing. Will make again. Seriously- if you love rabe, these ingredients in the amounts given do absolutely nothing for this wonderful vegetable. Rabe is in the mustard family and more closely related to turnips than broccoli. Although I was hopeful to try a different r... [Read More](#)

mr teamallen

★★★★★ 07/08/2014

This is delicious. I used regular broccoli that I had on hand and it was still fantastic. This will be a staple for weeknight meals for sure.

mr amateurcook

★★★★★ 10/22/2013

Looking for a way to use up some broccoli and this looked interesting. Very easy and we all thought the flavor was really good. Will definitely try this again. Might look for the rabe but plain old broccoli works too.

mr nmjunko

★★★★★ 01/04/2013

The family was leery of broccoli rabe, but this had such fantastic flavor- delicious! Very asian. We loved it and my veggie haters were actually sad that the rabe cooks down to such a small amount!

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