



VEGETARIAN AND GLUTEN-FREE  
**SAUSAGE AND RAPINI PASTA**  
*Yields 6*

## INGREDIENTS

### **GF Pasta:**

2 c cassava flour

6 eggs, whisked

1–2 T olive oil (as needed)

### **Remaining ingredient:**

1 lb rapini (broccoli rabe), washed,  
chopped and blanched

1 lb vegetarian Italian sausage links, cut  
into bite-sized pieces

2 T butter (or vegan butter)

2 tablespoons olive oil

4 garlic cloves, chopped fine

¼ teaspoon crushed red pepper flakes

Kosher salt and freshly ground black  
pepper to taste

1 Lemon juiced and zested

Parmesan cheese for garnish

## DIRECTIONS

1. Blanch the rapini: Bring a large pot of water to a boil. Have a respectively-sized ice bath on the side. Once the water comes to a boil, toss in the rapini. Cool until bright green and softened (a couple minutes).
2. Once cooked, remove rapini and shock in ice bath until cooled. Remove from water bath and set aside.
3. Make the pasta: On a clean surface, create a mound of the cassava flour with a well in the middle. Add the eggs, a pinch of salt and white pepper, and olive oil.
4. With a fork, slowly add flour into the well until a crumbly dough forms. Add water if a lot of flour is left behind—you want the texture to be stickier rather than dry.
5. Cut the dough into gnocchi: Carefully roll out “tubes” of pasta and cut into small barrels.
6. Cook the gnocchi: Bring a salted pot of water to a boil. Add gnocchi and cook until they float to the surface.
7. Cook the sausage: In a large skillet, sear off the sausage. Remove from the skillet and set aside.
8. Toss everything together: In the same large skillet, heat olive oil and butter. Add garlic and gnocchi—cook until pasta is golden brown around the edges. Add remaining ingredients off the heat. Serve with Parmesan cheese as desired.

## NOTES

Making the cassava flour from scratch will take practice! Sometimes moisture levels in the air affect this, but don't be discouraged.

Reuse the water from the blanched rapini for the pasta, some left-over nutrients can be absorbed into the pasta.