

# delicious dish

**Weeknight in a Hurry - Italian in an Instant  
Grocery, Tool List and Prep list**

Recipe Title	Grocery Fresh	Grocery Dry	Tools Needed	Prep Ahead
<b>orecchiette with broccoli rabe and sausage</b>	1 bunch or 1 pound of broccoli rabe or rapini 1 pound Italian sausage, optional 2 anchovy fillets Fresh garlic Grated pecorino Romano or parmesan cheese for serving	1 454 gram/1 pound bag of artisanal orchietti Extra virgin olive oil Dry white wine	Large pot for pasta Large sauté pan	Remove casing from the sausage if using.  Have all ingredients ready
<b>skillet chicken puttanesca</b>	1 ½ lb. chicken scallopini Fresh garlic 2-3 baskets of cherry or grape tomatoes  Dried red pepper flakes or 1 fresh long red chili Fresh Italian parsley Fresh basil	Salt and pepper All purpose flour (or GF) Extra virgin olive oil Pitted kalamata olives Capers	Large Skillet	Have all ingredients ready