

Penne with Turkey Sausage and Arugula

This was inspired by Cook's Illustrated "Pasta and Broccoli Rabe with Sausage" recipe in their November-December 2011 issue.

Feel free substitute broccoli or asparagus if you don't care for wilted arugula and spinach. They will require a longer cooking time.

Anchovy-garlic Paste

1 teaspoon anchovy paste
4 garlic cloves, minced
1 tablespoons extra-virgin olive oil
1 tablespoon lemon juice

2 teaspoons fennel seed
½ teaspoon red pepper flakes
½ teaspoon kosher salt

1 pound penne pasta
Kosher Salt

1 tablespoon olive oil
1 pound ground turkey (dark meat)

1 tablespoons olive oil
¼ teaspoon red pepper flakes
1 garlic clove, finely minced
1 pint grape tomatoes, halved (optional)
1-5 ounce box baby arugula
1-5 ounce box baby spinach

1 cup chicken stock

1. Prepare anchovy-garlic paste. Mix anchovy paste, garlic, olive oil and lemon juice in bowl; set aside.
2. Grind fennel seeds, ½ teaspoon red pepper flakes and ½ teaspoon salt in a spice grinder. (I have a small coffee grinder that I use only for grinding spices.) Set aside.
3. Bring 4 quarts water to boil in large pot. Add pasta and 2 tablespoons salt and cook, stirring often, until al dente. Reserve 1 cup cooking water, then drain pasta and return it to pot.
4. While pasta cooks, heat 1 tablespoon oil in 12-inch nonstick skillet over

medium-high heat, until shimmering. Add turkey and ground fennel-red pepper flakes-salt mixture and cook, stirring often, until browned and almost cooked through, 2 to 4 minutes. Using slotted spoon, transfer turkey to a bowl and set aside. Leave any rendered fat in skillet. There will not be much, as turkey is lean.

5. Return skillet to medium heat, add 1 tablespoon oil, minced garlic clove and $\frac{1}{4}$ teaspoon red pepper flakes; cook, stirring often, until fragrant, 1 to 2 minutes. Add grape tomatoes and cook for another 2-3 minutes. Increase heat to high and add spinach and arugula; cook, stirring often, until just wilted, about 1 minute. Transfer wilted greens and tomatoes to a bowl and set aside. Do not wash skillet.
6. Bring chicken stock and $\frac{3}{4}$ cup pasta water to boil in now-empty skillet over high heat. Reduce heat to medium and simmer until reduced to about 1 cup, 4 to 6 minutes. Remove skillet from heat and whisk in reserved anchovy mixture.
7. Add reserved greens, pasta and ground turkey to sauce in pan. Toss to combine. Add remaining cooking water as needed to adjust consistency. Serve.