

# ALLOTINABOX<sup>®</sup>

## RECIPES

# CAVOLO NERO TAGLIATELLE

4 cloves of Garlic  
2 small Onions  
1 medium bunch of Kale (Cavolo Nero)  
Extra virgin olive oil  
Good quality Feta cheese  
300g of Tagliatelle (fresh or dried)  
Freshly picked Thyme

In a medium sized pan, boil water, adding a generous helping of salt. Add in the peeled garlic cloves and shallots and boil for about 2 or 3 minutes, stirring in the Kale for the last 15 seconds. With a slotted spoon and food processor at the ready, prepare to scoop out your Kale, Onions and Garlic. Carefully fish them out, pop into your processor and whiz with olive oil and a handful of Feta cheese until you get a rough puree.

Reheat your pot of water and boil your Tagliatelle using the directions on the packaging. Just before you drain the pasta, spoon a few tablespoons of the hot water into your sauce to loosen. Carry on and drain your pasta and quickly toss with your Kale sauce. We think the best way to finish this dish is with a splash lemon juice, a sprinkle of crumbled Feta cheese and a sprig of fresh Thyme. Don't forget to season with a touch of sea salt and black pepper!

Serves 4-6 Hungry Growers

Ready in just 20 minutes!

Happy Cooking!

