

Lush & Green Cavolo Nero (Tuscan Kale) Pasta



By Ashley Alexander

This Lush & Green Cavolo Nero (Tuscan Kale) Pasta is a delicious way to incorporate more greens into your diet without compromising on flavour. With the earthy taste of Tuscan kale, the bright zest of lemon, and a hint of garlic, this dish is both satisfying and nourishing. The recipe is straightforward and perfect for a busy weeknight. By blending the kale into a smooth sauce, you get a vibrant green pasta that's as beautiful as it is delicious.

SERVES 6 | **PREP TIME** 10 minutes | **COOK TIME** 25 minutes | **TOTAL TIME** 35 minutes

INGREDIENTS

- 1 bunch cavolo nero (Tuscan kale), washed, stalks removed, and roughly chopped
 - 4 large cloves garlic
 - 150ml (2/3 cup) extra virgin olive oil
 - Zest of 1 lemon
 - 80g Parmigiano Reggiano, freshly and finely grated
 - Sea salt, to taste
 - 500g rigatoni or short pasta of your choice
- To serve:**
- Freshly grated Parmigiano Reggiano
 - Extra virgin olive oil
 - Freshly cracked black pepper

METHOD

1. Place a large pot of salted water on to boil.
2. Add the kale and garlic, and cook for a minute or two until vibrant green. Remove from the water, squeezing out as much of the excess water as possible.
3. Add the drained kale and garlic to a blender or food processor (I've used a Vitamix).
4. Add the olive oil and lemon zest and blend on high until silky smooth. If using a Vitamix, select variable 10, and blend until silky smooth.
5. Cook the pasta in the same boiling salted water, 2 minutes under the instructed time on the packet. Just before it's finished cooking, reserve some of the starchy pasta water (at least 1 1/2 cups), then drain the pasta and add it back into the pot.
6. Pour in the blended kale sauce with about 1/4 cup of the reserved starchy pasta water.
7. Sauté on medium to high heat, adding extra pasta water until the sauce is silky and the pasta is cooked to your liking. This should only take a couple of minutes.
8. Stir through 3/4 of the Parmigiano Reggiano, reserving the rest for sprinkling over the top.

9. Serve topped with fresh grated Parmigiano Reggiano, a drizzle of olive oil, and lots of freshly cracked black pepper.

NOTES

Ensure the kale is thoroughly washed to remove any dirt or grit.

A high-speed blender like a Vitamix will yield the smoothest sauce. If you don't have a high-speed blender, a food processor can be used, though the sauce might be slightly less smooth.

If the sauce seems too thick, you can add a bit more olive oil or reserved pasta water to reach the desired consistency.

While rigatoni is recommended, any short pasta like penne, fusilli, or farfalle will work well with this sauce.

Cooking times for different pasta shapes may vary, so adjust accordingly.

The starchy pasta water is key to achieving a silky, cohesive sauce. Don't forget to reserve at least 1.5 - 2 cups before draining the pasta.

Using freshly grated Parmigiano Reggiano enhances the flavour and texture of the dish. Pre-grated cheese may not melt as smoothly.

For a dairy-free version, substitute with a vegan parmesan alternative or nutritional yeast.

You can add some protein to the dish by serving it with grilled chicken, or a plant-based protein like tofu or tempeh.



Find the recipe and watch the video online:

<https://www.gatherandfeast.com/lush-green-cavolo-nero-tuscan-kale-pasta>

Let me know if you make the recipe! x **@gatherandfeast**