



## Cavolo Nero & Ricotta Pasta

<u>Equipment</u>	<u>Ingredients</u>
<ul style="list-style-type: none"><li>• Large pot</li><li>• Large bowl</li><li>• Wooden spoon</li><li>• Measuring cup</li><li>• Colander</li><li>• Blender or hand blender</li><li>• Wooden spoon or tongs for pasta</li></ul>	<ul style="list-style-type: none"><li>• <b>500 g cavolo nero (Tuscan kale)</b></li><li>• <b>5 garlic cloves (whole, peeled)</b></li><li>• <b>150 ml extra virgin olive oil</b></li><li>• 1 cup ricotta cheese</li><li>• Zest of ½ lemon</li><li>• Juice of ½ lemon</li><li>• Salt &amp; black pepper</li><li>• ¼ cup warm water or pasta water</li><li>• <b>1 packet (≈500 g) pasta of your choice</b></li><li>• <b>Optional</b></li><li>• Grated Parmesan cheese</li></ul>

### Method

#### 1. Prepare the kale

- Wash the cavolo nero under cold water.
- Tear the leaves off the thick stems.
- **Throw the stems in the compost bowl.**
- Tear the leaves into smaller pieces by hand.

#### 2. Boil the kale and garlic

- Fill a large pot with water and add a pinch of salt.
- Bring the water to a **boil** (ask an adult for help).
- Add the peeled garlic cloves and the kale.
- Boil for **4–5 minutes** until the kale is soft.

- Carefully remove the kale and garlic and place in a **large bowl**. Drain any extra water.

### 3. **Blend the sauce**

- Place the boiled kale and garlic into a blender.
- Add a little water (1–2 tablespoons) if needed.
- **Blitz until smooth.**
- Add **150 ml olive oil** and **blitz again.**
- Add the ricotta cheese and **blitz until creamy.**
- **Season with salt and black pepper** to taste.
- Add lemon juice and stir gently.

### 4. **Cook the pasta**

- Bring a large pot of salted water to a boil.
- Add **1 packet (~500 g) pasta** and cook according to package instructions until **al dente.**
- Drain the pasta, keeping a little pasta water aside.

### 5. **Combine pasta and sauce**

- Place the cooked pasta in a large bowl.
- Pour in the kale-ricotta sauce and stir gently to coat evenly.
- If the sauce is too thick, add a splash of reserved pasta water.

### 6. **Serve**

- Serve warm with Parmesan cheese on top if using.