

Green Pasta

You can use whatever green veg you've got in the fridge and the freezer. Around 500g of veg in total, or more if you've got it!

Makes- 4 full portions or 30 tastes

Recipe from-
<https://www.jamieoliver.com/recipes/pasta-recipes/quick-green-pasta/>



Ingredients

6 spring onions or 1 brown onion
1 leek
olive oil
2 cloves of garlic
500g green vegetables (silver beet, kale, broccoli, peas, zucchini etc.)
50g parmesan cheese, ricotta or vegetarian alternative, plus extra to serve
200ml of pasta water or veggie stock
extra virgin olive oil
optional: fresh herbs, such as basil, parsley or mint

Equipment

Knife
Large pasta saucepan
Large sauce saucepan
Grater
Colander
4 bowls for serving
Spoon
Pasta server

Instructions

1. Slice the onions. Trim the leek, halve it lengthways, wash it, then finely slice.
2. Slice all the thick parts of the veggies- such as the broccoli and silver beet stalks.
3. Slice all the thinner parts of the veggies such as spinach, kale and silver beet leafy parts.
4. Make sure you have 500g of green veggies in total.
5. Put a large, non-stick, shallow pan on a medium heat.
6. Put 1 tablespoon of olive oil into the pan, with the onions, leeks and thick veggies. Peel and grate the garlic and add to the pan.
7. Add all the other veggies, then add a pinch of sea salt and black pepper.
8. Cook for 10 to 15 minutes, or until soft but not brown, stirring regularly.
9. Finely grate the Parmesan.
10. Scoop or pour out about 200ml of pasta water or stock into your veg pan. Blitz with a hand blender to create a sauce. You can leave some bits chunky if you like.
11. Pour the sauce over the hot pasta. Add 1 tablespoon of extra virgin olive oil and the cheese and toss it all together. Divide between 4 bowls.
12. Finish this with a sprinkling of fresh herbs – parsley, basil, thyme, whatever you've got. A little extra cheese is nice too.

