

# Nibbly Pig

## Kale, garlic, chilli and pine nut pasta

### Ingredients (serves 4)

400g kale, rinsed  
2 tablespoons of olive oil  
½ onion, sliced  
2 garlic cloves, thinly sliced  
20g pine nuts  
½ fresh chilli, sliced finely  
1 lemon, juice only  
30g Parmesan, grated  
500g pasta (fusilli or penne)  
Salt and pepper

### Method

Wash the kale, strip the leaves from the stalks and roughly chop the leaves.

Boil a large pan of salted water, add the kale leaves and boil for 6-8 minutes. Drain the leaves and keep for later, keep the boiling water to cook the pasta.

Add the pasta to the boiling water and cook until al dente.

Heat the olive oil gently in a large frying pan, add the onion and garlic and cook gently for a 4-5 minutes. Add the chilli and kale leaves, mix until everything is well coated.

Add 2 tablespoons of the pasta water and simmer for few minutes.

Drain the pasta and add it to the pan with the kale. Pour in the lemon juice, parmesan and pine nuts. Stir gently.

Season with salt and pepper. Serve.

