



# Pasta Cavolo Nero

*Cavolo Nero is a variety of kale which is often used in the Italian cuisine, especially in Umbria and Toscana.*

*In this recipe we use spaghetti with Cavolo Nero to make it perfectly Italian. The green of the cavolo and the red of the tomatoes, the white of the pasta... yes, those are the Italian colours!*

*This recipe will serve two people.*

## Ingredients

250 g spaghetti (or different long pasta)  
200 g cavolo nero  
50 g pine nuts  
15 cherry tomatoes  
3 garlic cloves  
3 tablespoons olive oil  
½ teaspoon of vegetable broth  
herb salt  
pepper

## Instructions

- cook the spaghetti al dente, rinse it with cold water (to get rid off the starch) and set it aside
- cut the cavolo nero in chunks and get rid off the wooden stalks
- add a bit of water with vegetable broth in a large pan and steam the cavolo until it is tender on low heat; this will take approx. 15-20 mins, depending on the cavolo you bought
- if there is a lot of liquid left in the pan (shouldn't be) – pour it out; a bit of vegetable broth is ok and will go nicely with the pasta
- add crushed garlic, olive oil and spices to the cavolo and mix well; let it fry on low heat until the garlic starts to scent
- add the pasta and stir well so it becomes combined with the sauce; continue to stir until the pasta is warm and infused with the sauce
- halve the cherry tomatoes and add it into the pan the last minute, continue to stir; the tomatoes should be only warm, not soft
- roast the pine nuts and sprinkle it on top of the cavolo nero pasta mix