

Baby Leaf Curly Kale Pasta

VITACRESS™

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Love your body™*

Cooking time: 20 minutes
Serves 2-4

Ingredients:

500g penne
120g baby leaf curly kale
3 tbsp olive oil
1 green chilli (finely chopped and de-seeded)
2 cloves of garlic (crushed)
3 tbsp capers
1 cup black olives
50g pine nuts
2 tbsp lemon juice
100g goats' cheese



Method:

Cook the pasta according to instructions. Heat the olive oil in a pan, add the garlic and chilli and sauté for 2 minutes. Add the baby leaf curly kale and continue to sauté until wilted.

Toss in the pasta, olives, capers and pine nuts and mix well. Finally add the lemon juice and crumble in the goats' cheese.