

Pasta with Cavolo Nero, Garlic and Chilli

200g dried pasta, any shape
100g cavolo nero, trimmed of all of its stalks and then roughly chopped
3 cloves garlic, finely sliced
Generous pinch of chilli flakes
Extra virgin olive oil
Zest of half a lemon
50g finely grated Parmesan cheese or crumbled feta
Salt & black pepper

Cook the pasta in lots of boiling salted water. Meanwhile prepare the sauce. Heat 3 tablespoons extra virgin olive in a wide heavy based pan. Once hot, add the garlic and chilli flakes and cook on a medium heat for around 2-3 minutes until the garlic has turned golden. Now add the cavolo nero and a pinch of salt and allow it to wilt down for 3 or 4 minutes, stirring regularly. Once the cavolo nero is extremely soft, transfer to a food processor along with 1 tablespoon of pasta cooking water. Blitz until very finely chopped.

Drain the pasta, reserving a small ladle of pasta cooking water. Transfer the spaghetti back into the pan and add the puréed cavolo, lots of black pepper and $\frac{1}{2}$ of the reserved pasta cooking water. Give it a good mix to distribute everything and then add the cheese and lemon zest, stirring and tossing everything together until the cheese has melted into the hot pasta; add a little more of the pasta water if you feel it's looking a little dry. Taste for seasoning and adjust as necessary. Serve in bowls topped with more grated cheese and a drizzle of extra virgin olive oil.

