



Photo credit: Gousto Cookbook

Pasta with Cavolo Nero

INGREDIENTS

- 1 bunch cavolo nero
- 1/2 cup (125ml) extra virgin olive oil
- 1 onion, finely chopped
- 2 garlic cloves, finely chopped
- 2 long red chillies, seeds removed, finely chopped
- 3 anchovy fillets in oil, drained
- 500g pasta
- Freshly grated parmesan, to serve

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Presented by Melinda Essey
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METHOD

1. Blanch the cavolo nero in boiling, salted water for 1 minute. Lift out of the boiling water, but don't discard the water (you will use it to cook the pasta). Refresh and finely chop. Set aside.
2. Place half the olive oil in a large frypan over medium heat. Add the onion and fry gently until softened and just starting to turn golden. Turn heat to medium-low and stir in the garlic, chilli and anchovies. Cook, stirring until the anchovies have melted. Add the cavolo nero and toss to combine.
3. Meanwhile, cook pasta in boiling water from the cavolo nero. Just before the pasta is al dente, ladle 1/2 cup pasta water into the frypan with the cavolo nero mixture. Drain the pasta, then add to the frypan. Increase heat to medium-high and toss well for 1-2 minutes, making sure the cavolo nero is evenly mixed through the pasta.
4. Drizzle the pasta with the remaining olive oil, season with salt and pepper, and serve immediately topped with freshly grated parmesan.

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Kale Slaw with Almonds and Parmesan

INGREDIENTS

- 3/4 cup slivered almonds
- 1/3 cup freshly squeezed lemon juice
- 1/2 cup extra-virgin olive oil
- 1 tsp Dijon mustard
- 2-3 cloves garlic
- 1 tsp salt
- 1 bunch kale, thick stems removed
- 1/2 cup freshly grated Parmesan

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Kale Slaw with Almonds and Parmesan

METHOD

1. Over medium heat, toast almonds until fragrant and golden. Set aside to cool.
2. In a jar combine lemon juice, olive oil, mustard, garlic and salt. Screw the lid on firmly, then shake vigorously to combine. Set aside.
3. Remove the thick stems from the kale. Then working in small batches, roll the leaves into a cigar shape and shred the kale as thinly as you can.
4. In a large bowl, combine your chopped kale and 3/4 of your dressing (giving the jar another good shake before you do). Using your hands, massage the dressing into the kale, making sure all the kale is covered in the dressing. Let sit for as long as possible for the dressing to marinate the kale.
5. Toss with the toasted almonds and parmesan, reserving some for use as a garnish. Garnish and serve.

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