

FETTUCCINE AL VERDE

NOTES TO STUDENTS and VOLUNTEER:

1. Please read the recipe first.
2. Collect your equipment and then ingredients.
3. Please follow the steps carefully to ensure the sauce is prepped and the pasta is cooked on time.

EQUIPMENT

chopping board
2 small bowls
large knife
measuring cups
measuring spoons
large pot
colander
food processor
large frypan
wooden spoon

INGREDIENTS

1 leek
flat-leaf parsley (approx. 1 cup,
gently packed)
large bunch silverbeet or kale
½ teaspoon nutmeg
2 teaspoons sugar
¼ cup extra virgin olive oil
1 teaspoon salt
Large packet of fettuccine (pasta)
freshly ground pepper
½ wedge of grated parmesan to
garnish

WHAT TO DO

- Fill a large pot with boiling water, add 1 teaspoon of salt. Bring the pot of water to the boil.
- Wash the leek, trim the ends off and slice the leek very thinly.
- Wash the parsley.
- Wash the silverbeet or kale and chop coarsely.
- Place the silverbeet and parsley into a food processor and process until the vegetables are finely chopped.
- Add the pasta to the pot of boiling water and cook for approximately 11 minutes or until al dente. When the pasta is cooked, keep one cup of the cooking water (for the sauce if needed), then drain the pasta into the colander.
- Heat the frypan to a medium heat and add 3 tablespoons of the olive oil. Add the leek and sauté until the leek is softened. Add the sugar, nutmeg and freshly ground black pepper.
- Add the silverbeet, parsley and the remaining olive oil. Stir to combine and cook for 2 – 3 minutes.
- Add the pasta and stir to combine. Add the cooking water if needed.
- Serve and garnish with grated parmesan cheese.