



In the Kitchen with Primary Students

SPAGHETTI CARBONARA WITH KALE

FRESH FROM THE GARDEN: Kale



Lemons



Blueberries



Tomatoes

Ingredients

1 pkt spaghetti
3 cups shredded kale
1 tablespoon oil
150g bacon diced
1 teaspoon minced garlic
1½ cups heavy cream
½ cup shredded parmesan
½ cup of pasta water
Salt and pepper

Method

1. Start by boiling the pasta in a pot of salted water according to package directions. Just before the pasta is ready, add the shredded kale and cook for a few minutes.

Please note: you will need to reserve some pasta water for the sauce before you drain the pasta.

2. While the pasta is cooking, begin preparing the sauce. Heat oil in a large skillet over medium-low heat until shimmering. Add bacon and sauté for 4-5 minutes then add minced garlic and sauté until fragrant, about 1 to 2 minutes.

3. Stir in the heavy cream. Once the heavy cream is lightly steaming, stir in the shredded parmesan cheese until melted. Next, add about $\frac{1}{2}$ cup of pasta water to the pan, stirring to incorporate.

4. Finally, season with salt and pepper to taste then stir in the cooked pasta. If the sauce is too thin, optionally add more pasta water to help it cling to the noodles and continue simmering over low heat until it reaches the desired thickness.