



Winter Greens Spaghetti

with Parmesan Crumbs



20-30min



2 Portions

Pasta doesn't have to mean meat or tomato sauce. This tempting vegetarian meal combines winter greens broccoli, cabbage and silverbeet in a zesty lemon, chilli and garlic sauce. Scatter with pangrattato - toasted breadcrumbs and parmesan - for captivating crunch.

What we send

- shallot, long red chilli, garlic
- savoy cabbage
- silverbeet
- broccoli
- lemon
- parmesan ⁷
- panko breadcrumbs ¹
- spaghetti ¹

What you'll require

- butter ⁷
- olive oil
- sea salt and pepper

Utensils

- fine grater
- large saucepan
- medium frypan

Our vegies come fresh from the farm, so please wash them before use.

Allergens

Gluten (1), Milk (7). May contain traces of other allergens.

Nutrition per serving

Energy 710kcal, Fat 24.2g, Carbs 87.0g, Proteins 27.2g



1. Prepare greens

Trim and thinly slice the **cabbage** and **silverbeet** including the stems. Trim the **broccoli** and cut into small florets. Bring a medium saucepan of salted water to boil for the pasta.



4. Cook pasta

Cook **three-quarters of the pasta** (the remaining pasta won't be used in this dish) in the pan of boiling water for 5-7 mins until almost al dente. Increase the heat to medium-high. Add the **broccoli** and cook for a further 2 mins or until the broccoli is tender. Reserve **125ml (½ cup) cooking water**, then drain.



2. Prepare ingredients

Finely chop the **shallot**. Crush or finely chop the **garlic**. Finely chop the **chilli**, removing the seeds if less heat is desired. Finely grate **half the lemon** zest, then juice the half (the remaining lemon half won't be used in this dish).



5. Cook sauce

Meanwhile, heat **1 tbs olive oil** in the reserved frypan over medium heat. Add the **shallot, garlic, chilli** and **lemon zest**, season with **salt and pepper** and cook, stirring, for 5 mins or until soft. Add the **cabbage** and **silverbeet** and cook, stirring, for 2-3 mins until the greens are tender.



3. Toast breadcrumbs


Finely grate **half the parmesan** (the remaining parmesan won't be used in this dish). Melt **25g butter or olive oil** in a medium frypan over medium heat. Add the **breadcrumbs** and stir for 1-2 mins until lightly golden. Transfer to a bowl and allow to cool. Reserve the pan.



6. Get ready to serve

Add the **pasta** to the greens, combine well, then add the **reserved cooking water** and **lemon juice**. Season well with **salt and pepper**. Stir the **parmesan** into the **breadcrumbs**. Divide the **winter greens pasta** among bowls and scatter over the **parmesan crumbs** to serve.

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from at least 85%
Australian ingredients