



## Chickpea & Kale Ragu

with Fresh Pappardelle



20-30min



2 Servings

Pappardelle is a wide, flat pasta ideal for soaking up sauces like this fragrant, tomatoey ragu. You can easily make it fresh at home by cutting pasta sheets into long ribbons. Fresh pasta is more supple and silky than its dried counterpart and cooks much faster, so be sure to keep an eye on the pappardelle as it will be al dente in a matter of minutes.



## What we send

- canned whole-peeled tomatoes
- lasagna sheets <sup>1,3</sup>
- garlic
- Parmesan <sup>7</sup>
- fresh basil
- fennel seeds
- Tuscan kale
- canned chickpeas

## What you need

- kosher salt & ground pepper
- olive oil

## Tools

- box grater
- colander
- pot
- meat mallet (or heavy skillet)
- skillet

Read through the whole recipe before you start. Rinse and dry all produce before using. Weights may vary slightly.

For recipes containing garlic, you'll find one head of garlic in your box.

We recommend you use coarse kosher salt stored in a container that allows you to grab it with your fingertips, or scoop with measuring spoon.

## Allergens

Wheat (1), Egg (3), Milk (7). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

## Nutrition per serving

Calories 860kcal, Fat 21g, Carbs 133g, Proteins 39g



### 1. Prep ingredients

Bring a large pot of **salted water** to a boil. Meanwhile, stack **lasagna sheets** and cut lengthwise into 1-inch wide strips. Use kitchen shears to cut **tomatoes** in can until finely chopped. Drain and rinse **chickpeas**. Remove and discard stems from **half of the kale** (save rest for own use). Stack leaves, roll up like a cigar, and cut into thick ribbons.



### 4. Finish ragu

Meanwhile, coarsely grate **Parmesan** on large holes of a box grater. Pick **basil leaves** from stems; discard stems, reserve a few whole leaves serving, then finely chop remaining. Stir chopped basil into sauce; keep warm over low while the **pasta** cooks.



### 2. Cook kale

Peel and finely chop **1 teaspoon garlic**. Crush **½ teaspoon of the fennel seeds** with a meat mallet or heavy skillet. Heat **1 tablespoon oil** in a medium skillet over medium. Add **kale** and season with **salt** and **pepper**. Cover and cook until just softened, about 4 minutes. Add **1 teaspoon oil, garlic, and crushed fennel seeds**; cook, stirring, until fragrant, 1 minute.



### 5. Cook pasta

Add **pasta** to boiling water. Cook, stirring, until al dente, 2-3 minutes. Reserve **½ cup pasta water**, then drain.



### 3. Build sauce

Add **chickpeas** and **tomatoes with their juices**. Bring to a boil. Reduce to medium. Cover and cook, stirring, until sauce is thickened slightly and **kale** is very tender, 5-7 minutes. Season to taste with **salt** and **pepper**.



### 6. Finish & serve

Add **pasta** to skillet, tossing gently to combine. Add **reserved pasta water**, 1 tablespoon at a time to thin sauce to desired consistency. Season to taste with **salt** and **pepper**. Transfer **pasta** to bowls, top with **chickpea and kale ragu, some of the Parmesan**, and **reserved basil leaves**. Serve **remaining Parmesan** on the side. Enjoy!