



Chickpea & Kale Ragu

with Fresh Pappardelle



30-40min



4 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 chickpeas
- fennel seeds
- lasagna sheets ^{1,3}
- Parmesan ⁷
- garlic
- Tuscan kale
- fresh basil
- canned whole-peeled tomatoes

What you need

- kosher salt & ground pepper
- olive oil

Tools

- box grater
- colander
- pot
- skillet
- meat mallet (or heavy 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 690kcal, Fat 17g, Carbs 104g, Proteins 29g



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 cans until finely chopped. Drain **chickpeas** and rinse well. Remove and discard stems from **kale**. 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 **2 teaspoons garlic**. Crush **1 teaspoon of the fennel seeds** with a meat mallet or heavy skillet. Heat **2 tablespoons oil** in a large skillet over medium. Add **kale** and season with **salt** and **pepper**. Cover; cook until just softened, about 4 minutes. Add **garlic, crushed fennel seeds, 2 teaspoons oil**; cook, stirring, until fragrant, about 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**, $\frac{1}{4}$ cup 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!