



# KALE SPAGHETTI AGLIO e OLIO WITH BRUSCHETTA

SERVES 2 OR 4  
TIME: 30 MIN  
CALORIES: 930/SERVING



The classic olive oil and garlic-filled pasta with a deceptively large amount of kale. The kale wilts down in a spicy garlicky olive oil before being tossed with pasta and a squeeze of lemon juice for a delicious —and quick—meal.

## WHAT YOU'LL NEED

- Large pot
- Large pan
- Olive oil
- Salt
- Pepper



## OUR PRODUCE IS FRESH SO PLEASE WASH BEFORE USE!

### WHAT'S INSIDE

2 servings      4 servings

Spaghetti	8 oz	16 oz
Kale	1/2 bunch	1 bunch
Chili flakes	1/4 tsp	1/2 tsp
Garlic	4 cloves	8 cloves
Tomatoes	3	6
Bread	2 slices	4 slices
Basil	1/4 bunch	1/2 bunch
Balsamic vinegar	1 tsp	2 tsp
Lemon	1	1
Nutritional yeast	1 tbsp	2 tbsp

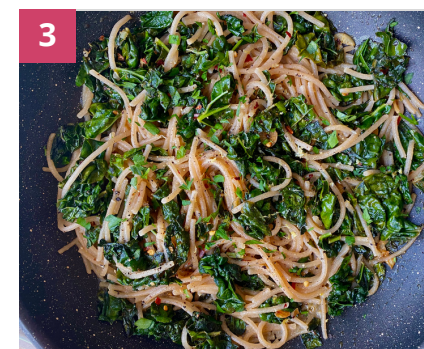


Prep the bruschetta: dice the **tomatoes**, mince **half the garlic cloves**, thinly slice **half the basil** and mix together with 1 tbsp of **oil** (2 tbsp for 4 servings), **balsamic vinegar**, and a pinch of **salt** and **pepper**. Set aside.

Prep the other ingredients: thinly slice the **remaining garlic**, stem and roughly chop the **kale**, halve the **lemon**, and chop the **remaining basil**.



Bring a large pot of **water** to boil. Once boiling, add the **spaghetti** and cook for about 10 minutes until al dente. Reserve 1/2 cup of **pasta water** (1 cup for 4 servings) before draining.



Warm 3 tbsp of **olive oil** (6 tbsp for 4 servings) in a large pan over medium heat. Once hot, add the **sliced garlic** and **chili flakes** (optional), cooking for 1 minute until fragrant. Add the **kale** and a pinch of **salt** and cook until just wilted. Add the **pasta** and most of the **reserved pasta water** and gently toss until thoroughly combined, adding more **olive oil** and/or **pasta water** as needed.



Squeeze **lemon juice** to taste over the **pasta** and top with the **chopped basil**, **nutritional yeast**, and **salt** and **pepper**. Toast the **bread** and serve with the **bruschetta**.

### Nutrition Facts Valeur nutritive

Per Serving (578 g)  
pour 1 (578 g)

Calories 930	% Daily Value*
	% valeur quotidienne*
<b>Fat / Lipides</b> 34 g	45 %
Saturated / saturés 4.5 g	23 %
+ Trans / trans 0 g	
<b>Carbohydrate / Glucides</b> 136 g	
Fibre / Fibres 17 g	61 %
Sugars / Sucres 17 g	17 %
<b>Protein / Protéines</b> 27 g	
<b>Cholesterol / Cholestérol</b> 0 mg	0 %
<b>Sodium</b> 430 mg	19 %
Potassium 1100 mg	23 %
Calcium 225 mg	17 %
Iron / Fer 8 mg	44 %

\*5% or less is a little 15% or more is a lot

\*5% ou moins c'est peu 15% ou plus c'est beaucoup