



Penne with kale, roast onions and gorgonzola

Serves 4

Preparation time: 5 minutes

Cooking time: 15 minutes

- 200g kale
- 3 large onions, peeled
- 6 tbsp olive oil
- 2 tbsp balsamic vinegar
- Salt and pepper
- 300g pasta
- 100g gorgonzola, crumbled
- Extra virgin olive oil to serve (optional)

Method:

Place the kale into a large saucepan and cover with water. Bring to the boil and cook for 5 minutes, then drain really well and set aside.

Halve the onions lengthways then cut each half into crescent moon shaped slices, about 1cm thick at the thickest part. Toss these in a roasting tin with 4 tbsp of the olive oil, the balsamic, and season to taste. Roast in a preheated at 200°C, gas mark 6 for 30-35 minutes, stirring occasionally. The onions should be tender and slightly charred.

While the onions are roasting cook the pasta in plenty of boiling salted water for about 15 minutes (it should be al dente). Drain and return the pasta to the saucepan. Add the drained kale along with 2 tbsp of olive oil and adjust the seasoning if required. Cook over a medium heat until the kale has warmed through.

Gently stir in the onions and cheese then drizzle with extra virgin olive oil if required and serve immediately.

Alternative suggestion: If you're not keen on blue cheeses you could use a strong goats' cheese instead. Toasted walnuts are also good tossed into the mix.

Nutritional information:

- 573kcal
- 18g protein
- 27g fat (of which 8g saturated)
- 67g carbohydrate (of which 10g sugar)
- 5g fibre