

Kale and Mushroom Pasta



Ingredients (serves 2):

- 120g kale
- 100g mushrooms, sliced
- 1 garlic clove, chopped
- 1 onion, peeled and chopped
- Olive oil
- 1 tablespoon nutritional yeast
- 2 teaspoons Dijon mustard
- 2 tablespoons white wine
- Salt and pepper to taste
- Lemon juice (just a dash, to taste)
- 200g dried whole-wheat pasta

Make:

1. Steam the kale for 5 to 10 minutes until wilted.
2. Transfer the kale to a blender and add the nutritional yeast, mustard, white wine, and lemon juice.
3. Season with salt and pepper.
4. Blend the mixture to a coarse paste, adding a little water if needed. I use the 'Nutribullet Ultra Blend' for mixing.
5. In a separate pan, fry the onion and garlic until soft.
6. Add the mushrooms and fry for a further few minutes until the mushrooms start to wilt.
7. Bring a pan of water to the boil and cook the pasta per the packet instructions.
8. Add the pasta, kale sauce and mushroom mix to a pan, heat through and serve.

