

# Suppertime superhero recipe card

## Kale pesto pasta

This super-food feast is easy to cook and can be adapted to suit vegetables in season. Substitute kale for broccoli or rocket if this is easier, or use cheddar cheese instead of parmesan.

The measurements given here will cook enough for everyone to have a small portion at the end of the session.

### Ingredients:

Two handfuls of pine nuts  
One bag of kale (or one head of broccoli, or one bag of rocket)  
One regular packet of spaghetti  
One regular packet parmesan, approx. 170g (or cheddar cheese)  
One jar of pesto  
One lemon  
Salt and pepper to taste

### Prep station team:

1. Chop up two handfuls of pine nuts into small pieces.
2. Chop up one bag of kale.
3. Grate all the parmesan cheese.
4. Cut the lemon in half.

### Cooking station team:

1. Fill up the saucepan with water and bring it to the boil.
2. Add the pasta and cook for the time indicated on the packet.
3. Drain the pasta when it is cooked.
4. Add the pesto, kale, pine nuts, parmesan, and the juice of half a lemon.

