Kale Pesto and Pasta

Serves 4

Equipment:

Chopping board and mat
Cooks knife
Measuring cup
Tbs (Tablespoon)
Medium saucepan
Food processor
Tongs
Colander
Serving spoon

Ingredients:

1 medium bunch of kale leaves, stalk removed (about 3 large stalks)
2 medium shallots, peeled
1/4 cup of olive oil
2 garlic cloves, peeled
2 tablespoons of lemon juice (or even a bit more if you like)
Salt & pepper to taste
2 cups pasta

What to do:

Add about 4 cups of water to a saucepan and bring to a steady low boil.

Add the garlic, shallots, and kale to the boiling water for just a minute or two, and then remove them using tongs.

If you’re making pasta to go along with the pesto, leave the water boiling and add the pasta now.

Place the garlic, kale, shallots, olive oil, Parmesan cheese, and lemon juice in a food processor, and process until creamy and very well blended.

Season with salt and pepper to taste.

Drain the pasta in a colander and return it back into the saucepan.

Stir the pesto through the pasta and serve.
Broccoli, Apple & Carrot Juice

**Ingredients:**

- Apples ~2 medium
- Broccoli - 1 stalk
- Carrots - 4 medium

**Directions:**

Process all ingredients in a juicer, stir and serve.
Baby pak choy and spinach frittata

Serves 6

Equipment:

Tbs (Tablespoon)
Measuring cup
Chopping board and mat
Cooks knife
2x 6cm deep-20cm cake tin
Baking paper
Fry pan
Wooden spoon
Serving spoon
Sm bowl
Whisk

**Ingredients:**
1 tablespoon olive oil
1 garlic clove, finely chopped
160g mushrooms, finely sliced
8 leaves pak choy, (take leaf off stalks) & finely chop
1 cup beansprouts, chopped
3 green onions, thinly sliced
6 eggs
1 cup pure cream
3 leaves spinach

**What to do:**

Preheat oven to 180°C/160°C fan-forced. Grease 2 6cm-deep, 20cm cake tin. Line cake tin and side with baking paper.

Heat oil in a frying pan over medium-high heat. Add garlic and mushroom. Cook, stirring, for 3 to 4 minutes or until mushroom has softened. Add pak choy, spinach, beansprouts and onion. Cook, stirring, for 1 minute or until pak choy and spinach has just wilted. Remove from heat.

Whisk eggs and cream together in a bowl. Add pak choy, spinach, beansprouts and onion to mixture. Stir to combine. Pour into prepared pans. Bake for 25 minutes to 30 minutes or until browned and just set.
Shredded Cabbage and Radish Salad

Serves 4

Equipment

Chopping board and mat
Cooks knife
Juicer
Medium bowl
Serving spoon

**Ingredients**

1/2 small green cabbage, shredded
1 bunch radishes, thinly sliced (5) radishes
1/4 cup fresh lime juice (from about 3 limes)
Coarse salt and ground pepper
1/3 cup feta cheese
10 pea shoots

**What to do**

In a medium bowl, combine cabbage, radishes, pea shoots and lime juice. Season with salt and pepper and toss well. Let sit 10 minutes. Top with feta cheese just before serving.