

Swiss Chard Pasta with Blackened Cherry Tomatoes

Ingredients

For 4 persons. 🕒 30 mins cook time.

- 1 bunch of swiss chard, approx. 200g – stems chopped, and leaves sliced thinly
- 250g cherry tomatoes
- 2-3 tbsps. olive oil
- 1 tbsp. balsamic vinegar
- 2 medium white onions, chopped
- Salt & Pepper
- A pinch of red pepper flakes
- 1 clove of garlic, minced
- 250-300g Buckwheat/durum spaghetti (long pasta is best with this dish)
- 100g crumbled feta
- Fresh basil

💡 Why not try coconut or hemp seed oil in place of olive oil?

Serve with toasted Olive Bread or Ciabatta, rubbed with a clove of garlic and pinch of sea salt.

Method

1. Put on water to boil for the pasta. Add a pinch of salt.
2. Heat up a skillet and once hot, add the tomatoes and let them blacken a bit. Shake the pan frequently. **DO NOT** add oil or butter to the pan. This should take approx. 5-8 minutes.
3. Clean and chop the chard. Chop the stems into small half inch chunks and thinly slice the leaves.
4. Once the tomatoes are blistered and blackened in a few places, reduce the heat to medium, add olive oil, chopped onions and the chard stems.
💡 Tip: Adding oil to a very hot pan may cause it to smoke to be careful.
5. Allow the chard stems to sauté and get tender. After approx. 4 minutes, add the leaves, a pinch of chilli flakes, the minced garlic and ¼ cup of pasta water. Season with salt and pepper.
💡 Tip: Pasta water is a great sauce thickener and can be used in place of flour or a roux.
6. Sauté the ingredients for a few minutes more, or until the water evaporates, leaving a sauce, and the leaves and stems are tender. The stems should be tender to bite – not mushy!
7. Drizzle a tablespoon of olive oil and 1 tablespoon of balsamic vinegar onto the sauce and cook for one more minute before removing from the heat.
8. Add the cooked pasta and toss with the vegetables and sauce. Taste for seasoning.
9. Generously sprinkle with crumbled feta cheese, basil leaves and serve.

All of the ingredients in this recipe are available at Trinity Farm.