

Wholewheat fettuccine with kale, caramelised onions and goat's cheese

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Looking for fresh and simple dinner ideas! Try this quick and easy (but super delicious) pasta dish.

Ingredients (serves 4 to 6)

- 2 tbsp extra-virgin [olive oil](#)
- 3 medium to large red onions, thinly sliced
- 1 tsp sea salt, plus extra
- 340 g wholewheat fettuccine
- Bunch Tuscan [kale](#), thinly sliced
- 225 g marinated [goat's cheese](#) (oil reserved)
- Freshly ground black pepper

Method

Warm the olive oil in a large frying pan over medium heat and add onions. Saute for 10 minutes or until beginning to brown. Add 1 teaspoon salt, lower heat slightly and continue cooking for 15 to 20 minutes more or until onions are soft and caramelised. Meanwhile, bring a large pan of water to the boil and add a large pinch of salt. Add fettuccine to boiling water and cook for 10 to 12 minutes, or following the packet instructions, until al dente. Drain pasta and return to pan.

While pasta cooks, stir kale into onions, cover frying pan and cook for 6 to 8 minutes or until tender,

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stirring once or twice. Add onion and kale mixture, three quarters of the marinated goat's cheese and lots of black pepper to pasta; toss well. Drizzle in a tablespoon or more of oil marinade from the cheese and season to taste. Divide among bowls and top with a crumble of remaining goat's cheese; serve immediately.

NEXT: Try a [Kale & almond pesto linguine](#) or check out more [pasta recipes](#)

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