DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Pine Nuts

Pine nuts are seeds from pine trees. You'll find them between the scales of pine cones. While all pine trees yield pine nuts, only about 20 species have pine nuts large enough to be worth eating.

Fresh Corn Pappardelle

with Pine Nuts and Lemon Ricotta

Charred corn and bursting cherry tomatoes served over pappardelle tossed with lemon ricotta, topped with fresh thyme and toasted pine nuts.

30 minutes | 2 servings | Vegetarian

Switch it up!

Make a creamy corn and ricotta sauce! Use a stick mixer to blend the prepared ricotta with 1/2 the corn kernels and 1-2 tbsp thyme leaves to a smooth consistency. Toss through cooked pasta.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	26g	22g	72g

FROM YOUR BOX

PAPPARDELLE PASTA	500g
CORN COB	1
SHALLOT	1
CHERRY TOMATOES	200g
GARLIC CLOVE	1
THYME	1 packet
LEMON	1
RICOTTA	250g
PINE NUTS	20g

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper

KEY UTENSILS

large frypan, saucepan

NOTES

The sauce in this recipe is designed for 1/2 packet pasta. Increase the cooking liquid added if using the whole packet of pasta.

Add a dried herb such as dill, tarragon or oregano to the tomatoes to cook.

Garnish with dried chilli flakes and shaved parmesan cheese.

No gluten option - pasta is replaced with GF pasta.

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1. COOK THE PASTA

Bring a saucepan of water to a boil.

Add **1/2 packet pasta** (see notes) to boiling water. Cook according to packet instructions or until al dente. Reserve **1 cup cooking liquid.** Drain **pasta** and return to pan (see step 5).



2. PREPARE THE INGREDIENTS

Remove **corn kernels** from cobs. Slice **red onion**, halve **tomatoes,** crush **garlic** and pick **thyme leaves.**

Combine **lemon zest**, **ricotta**, **2 tsp olive oil**, **salt and pepper** to a bowl. Wedge **lemon**.



3. TOAST THE PINE NUTS

Heat a frypan over medium-high heat. Add **pine nuts** and toast until golden. Remove to a bowl and reserve pan for step 4.



4. SAUTÉ THE VEGETABLES

Add **oil** to pan along with **corn kernels, shallot** and **garlic**. Sauté for 3-5 minutes until **onion** is softened. Add **tomatoes** (see notes). Sauté for 3-5 minutes until tender. Season to taste with **salt and pepper**.



5. TOSS THE PASTA

Add **1/2 prepared ricotta**, **3/4 cup cooking liquid** (add extra liquid as necessary to loosen sauce) and **1-2 tbsp thyme leaves** to the **pasta**. Toss well to combine. Season with **salt and pepper**.



6. FINISH AND SERVE

Divide tossed **pasta** among shallow bowls. Top with **sautéed vegetables, pine nuts** and **thyme.** Dollop on remaining **ricotta** and serve with **lemon wedges** (see notes).

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