P

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 | 4/6 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 4/6 Person:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	27g/23g	23g/19g	73g

FROM YOUR BOX

	4 PERSON	6 PERSON
PAPPARDELLE PASTA	500g	2 x 500g
CORN COBS	2	3
RED ONION	1	1
CHERRY TOMATOES	2 x 200g	3 x 200g
GARLIC CLOVES	2	3
THYME	1 packet	1 packet
LEMON	1	1
RICOTTA	500g	500g
PINE NUTS	40g	40g + 20g

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper

KEY UTENSILS

large frypan, saucepan

NOTES

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

6P - use 1 1/2 packets pappardelle.



2. PREPARE THE INGREDIENTS

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

Combine **lemon zest**, **ricotta**, **3 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, red onion** and **garlic**. Sauté for 3-5 minutes until 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, 1 1/2 cups 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**.

6P - add 2 cups cooking liquid to pasta.



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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