



DINNER TWIST
LOCAL. HEALTHY. DELIVERED




Product Spotlight: Corn cobs


In Australia, the planting area of corn is around 64,000 hectares. Every year, Australia produces 444,000 tonnes, all of which is GM-free (that means it's not genetically modified).



4 Creamed Corn and Bacon Pasta

Creamy, satisfying and super duper YELLOW! This creamed corn and bacon pasta is a fun family dish to try — and we know you'll love it.

 30 minutes

 2 servings

 Pork

29 June 2020

Playtime in the kitchen

Invite the kids to the kitchen to be "Quality Assurance Officers" of the day. Have them taste-check the food as you cook; is the pasta properly al dente? Is the creamed corn creamed enough? Does the salad need more vinegar? This is a fun playful way to learn more about cooking, while also being allowed to tell off mum or dad a bit!

FROM YOUR BOX

CORN COBS	2
LONG PASTA	250g
NATURAL YOGHURT	1/2 tub (100g) *
GARLIC CLOVES	1
CHIVES	1/2 bunch *
RED CAPSICUM	1/2 *
CARROT	1
FESTIVAL LETTUCE	1/2 *
BACON	1 packet (100g)

**Ingredient also used in another recipe*

FROM YOUR PANTRY

olive oil, salt, pepper, red wine vinegar

KEY UTENSILS

large saucepan, stick mixer or small food processor

NOTES

Serve with grated parmesan if you have some.

No gluten option - pasta is replaced with GF pasta.

No pork option - bacon is replaced with smoked chicken breast fillet. Slice and add to saucepan in step 5 along with creamed corn.

If you don't have a mixer or processor, mash the corn kernels with a potato masher to make the creamed corn.



1. COOK THE CORN

Bring a saucepan of water to the boil. Remove husks and silks from corn cobs and add to water. Cook for 2-3 minutes until just tender. Remove corn with tongs, reserving the boiling water for step 2. Run corn under cold water.



2. COOK THE PASTA

Add pasta to boiling water and cook according to packet instructions or until al dente. Drain, reserving **1 cup water**. Keep pasta aside.



3. MAKE THE CREAMED CORN

Remove corn kernels from cobs and place 3/4 of the kernels into a jug (reserve remaining) with yoghurt and garlic. Blend with a stick mixer to a coarse puree. Chop and stir through the chives. Season with **salt and pepper**.



4. MAKE THE SALAD

Slice capsicum and julienne (or grate) carrot. Wash and tear lettuce. Toss all with **1/2 tsp olive oil, 2 tsp vinegar, salt and pepper**.



5. MAKE THE PASTA

Reheat saucepan over medium-high heat. Thinly slice bacon and add to saucepan. Cook for 2-3 minutes or until cooked through. Turn down heat to low and add creamed corn and drained pasta. Stir to combine and heat through, adding **pasta water** as needed (we used 3/4 cup). Season with **salt and pepper**.



6. FINISH AND PLATE

Divide pasta among bowls, sprinkle with reserved corn kernels (see notes) and serve with salad.

How did the cooking go? We'd love to know - help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to hello@dinnertwist.com.au

