



Product Spotlight: Sun Dried Tomatoes

Sun-dried tomatoes are high in potassium, manganese and vitamin C. The practice of sun-drying may have originated in Italy, using the tiled rooftops to dry tomatoes for use during the winter months.



Ham & Sun Dried Tomato Penne

This sun-dried tomato pasta with bright corn kernels and ham is so easy to make, cooked with a savoury tomato paste sauce and garnished with fresh basil leaves.



25 minutes



2 servings



Pork

Switch it up!

If you cant resist adding some cheese to your pasta, we understand! Garnish with grated parmesan, or add cream cheese or ricotta to the sauce at step 4.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	31g	13g	140g

FROM YOUR BOX

SHORT PASTA	1 packet
BROWN ONION	1
GARLIC CLOVE	1
HAM	100g
CORN COB	1
SUN DRIED TOMATOES	100g
TOMATO PASTE	1 sachet
SUN DRIED TOMATOES	100g
BASIL	20g

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper

KEY UTENSILS

large frypan, saucepan

NOTES

You can bulk up this pasta by adding grated zucchini, cherry tomatoes or sliced capsicum.

Add a sprinkle of dried chilli flakes for some heat!

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** and cook according to packet instructions or until al dente. Reserve **3/4 cup cooking liquid** and drain pasta.



2. PREPARE THE INGREDIENTS

Dice **onion**, crush **garlic** and slice **ham**. Remove **corn** kernels from the cob and chop **sun-dried tomatoes**. Keep separate (see notes).



3. SAUTÉ THE ONION AND HAM

Heat a large frypan over medium-high heat with **oil**. Add onion, garlic and ham and sauté for 3-4 minutes until onion has softened.



4. SIMMER THE SAUCE

Add **tomato paste**, sun dried tomatoes and corn. Cook for 1 minute. Add **reserved cooking liquid** and simmer, semi-covered, for 2-3 minutes to soften corn.



5. TOSS THE PASTA

Add pasta and **1 tbsp olive oil**. Toss to combine with sauce. Season to taste with **salt and pepper**.



6. FINISH AND SERVE

Divide pasta among shallow bowls. Garnish with sliced **basil leaves** (see notes).

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**

