



### Product Spotlight: Ricotta

This soft, white and unsalted Italian cheese is called 'ricotta', which means 'cooked twice'. That's because making this cheese requires multiple cooking steps!



## Pasta Bake with Ricotta and Prosciutto

Mamma mia, this pasta dish is a dream come true! Sweet potato, ricotta cheese, crispy prosciutto, local & seasonal veggies and a lovely tomato sauce to bind it all together. Grazie!



30 minutes



2 servings



Pork

## No oven?

*You can skip the oven in this dish. Instead, fry the prosciutto in a frypan and serve on top of the pasta along with dollops of fresh ricotta.*

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	49g	29g	151g

## FROM YOUR BOX

SHORT PASTA	500g
BROWN ONION	1
SWEET POTATO	400g
BABY SPINACH	60g
CHOPPED TOMATOES	400g
RICOTTA CHEESE	250g
PROSCIUTTO	100g
OREGANO	1 packet

## FROM YOUR PANTRY

oil for cooking, salt, pepper, dried Italian herbs (see notes)

## KEY UTENSILS

large ovenproof frypan (or frypan + ovenproof dish), saucepan

## NOTES

If you don't have dried Italian herbs, you can use dried sage, oregano, basil, rosemary or thyme.

**No gluten option – pasta is replaced with GF pasta.**



### 1. COOK THE PASTA

Set the oven to 220°C.

Bring a saucepan of water to a boil. Add **1/2 packet pasta** and cook according to packet instructions or until al dente. Drain, reserving **1/4 cup pasta water**.



### 2. COOK THE ONION

Heat a large frypan with **oil** over medium-high heat. Slice and add **onion**, cook for 4 minutes. Dice and add **sweet potato** with **1 tsp dried Italian herbs**.



### 3. ADD THE VEGETABLES

Wash and chop **spinach**. Add to pan with **tinned tomatoes** and **1/2 tin water**. Simmer, covered, for 5 minutes.



### 4. MIX AND BAKE PASTA

Add cooked pasta and **reserved pasta water** to pan, mix well and season with **salt and pepper**. Dot with **ricotta**, torn **prosciutto** and half the roughly chopped **oregano leaves**. Place in oven for 10-15 minutes or until golden and heated through.



### 5. FINISH AND PLATE

Serve pasta bake in bowls and sprinkle with remaining oregano.



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