



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Zucchini

Most of the antioxidants and fibre in zucchini are found in the skin, so make sure you don't peel it before cooking!



H4 Zucchini Jam Pasta with Poached Eggs

Fresh pasta from our local friends, The Gluten Free Lab, tossed through a surprising zucchini jam, served with poached eggs and fresh basil.



20 minutes



4 servings



Vegetarian

23 September 2022

Switch it up!

You can boil or fry the eggs instead of poaching them if desired! Alternatively, use the eggs to make a carbonara-style sauce for the pasta.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	23g	26g	66g

FROM YOUR BOX

BROWN ONION	1
ZUCCHINIS	2
FREE-RANGE EGGS	6-pack
FRESH GF PASTA	2 packets
LEMON	1
ANTIPASTO MIX	1 packet
BASIL	1 packet
MESCLUN LEAVES	1 bag (120g)

FROM YOUR PANTRY

butter, salt, pepper, 1 garlic clove, dried chilli flakes

KEY UTENSILS

large frypan, 2 saucepans

NOTES

Three to four minutes will give you runny yolks. Poach for longer if you prefer them to be firmer.

Omit chilli flakes if preferred.



1. PREPARE THE INGREDIENTS

Bring 2 saucepans of water to a boil.

Dice onion. Grate zucchinis and squeeze out excess moisture. Crush **garlic clove**.



2. COOK THE ZUCCHINI JAM

Heat a large frypan over medium-high heat with **1 tbsp butter**. Add prepared ingredients to pan and cook, stirring occasionally, for 10-15 minutes until zucchini is jammy looking.



3. POACH THE EGGS

Crack eggs into one pot of boiling water. Cook for 3-4 minutes (see notes). Remove from boiling water with a slotted spoon.



4. COOK THE PASTA

Add pasta to second pot of boiling water. Cook according to packet instructions or until al dente. Reserve **3/4 cup cooking liquid**. Drain pasta.



5. TOSS THE PASTA

Zest lemon. Toss through zucchini jam along with **2 tsp chilli flakes** (see notes), pasta, antipasto mix and **reserved cooking liquid**. Season with juice from 1/2 lemon (wedge remaining and set aside), **salt and pepper**.



6. FINISH AND SERVE

Thinly slice basil leaves.

Divide mesclun leaves among shallow bowls. Serve with pasta. Top with poached eggs, garnish with basil leaves and serve with lemon wedges. Sprinkle over extra **chilli flakes** if desired.

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**

