



### 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



4/6 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
4/6 Person:	44g/48g	24g	118g/127g

## FROM YOUR BOX

	4 PERSON	6 PERSON
SHORT PASTA	500g	2 x 500g
BROWN ONION	1	1
SWEET POTATO	400g	400g
YELLOW CAPSICUM	1	2
BABY SPINACH	120g	60g + 120g
CHOPPED TOMATOES	400g	2 x 400g
TOMATO PASTE	1 sachet	2 sachets
RICOTTA CHEESE	500g	500g
PROSCIUTTO	1 packet	2 packets
OREGANO	1 packet	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.



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### 1. COOK THE PASTA

Set the oven to 220°C.

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

**6P** – use **1 1/2 packets pasta**.



### 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 **2-3 tsp dried Italian herbs**.



### 3. ADD THE VEGETABLES

Dice **capsicum**, wash and chop **spinach**. Add to pan with **tinned tomatoes**, **tomato paste** and **1 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** (use to taste), 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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